



## WHOLE FOOD OF THE MONTH: SALMON

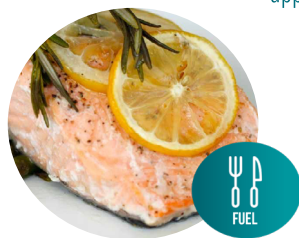
Nutritionists don't call it "brain food" for nothing. Salmon contains a crucial compound called docosahexaenoic acid that helps maintain the central nervous system, not to mention all of the boosts this fish gives your heart and metabolism.

## 5 HEALTHY RECIPES USING SALMON

- [Salmon and Bean Burgers](#)
- [Broiled Herb-Crusted Salmon](#)
- [Cucumber Cups with Smoked Salmon](#)
- [Smoked Salmon Spread](#)
- [Lemon Rosemary Salmon](#)

## IN THIS ISSUE:

- whole food of the month
- healthy salmon recipes
- detox from blue light
- upper body workout
- reflectly app
- featured champion
- benefits of vitamin D
- from your team



## 4-OUNCE SOCKEYE SALMON FILLET:

170 calories  
 (70 calories from fat)  
 6 g total fat  
 1 g saturated fat (5% DV)  
 75 mg cholesterol (25% DV)  
 26 g protein  
 20 mg calcium (2% DV)  
 0.27 mg iron (4%)

## DETOX FROM BLUE LIGHT FOR SO MANY REASONS

The blue-violet light your smartphone (and other screens) gives off could put you at a greater risk for macular degeneration (which eventually leads to blindness). However, among the dangers of exposure to blue light from overuse of your device, there are other dangers affecting your body and wellbeing with device overuse.



We're so excited to take in tweets, texts, and all the information the Internet has to offer that researchers have found we stop blinking for a longer duration when looking at screens, which leads to dry eyes. Infrequent blinking and dry eyes causes eye strain, and unnecessary expenses like screen use drops.

'Tech neck'...the strain you put on your neck by angling your head down to check texts on the sly is very real. New York back surgeon Kenneth Hansraj has found that tilting your head down at a 45-degree angle puts approximately 49 pounds of force on your neck, while tilting your head at a 60-degree angle puts a pretty heavy 60 pounds of force on your neck.

Pain from a condition called Cubital tunnel syndrome, also known as 'cell phone elbow,' affects your upper forearm and elbow. If you're experiencing pain, tingling, or numbness that runs up the outside edge of your arm (but not in your wrist, which is why you ruled out carpal tunnel syndrome), cubital tunnel syndrome might be the culprit. If you can, use a kickstand to read book apps or watch shows to avoid holding a device for that long.

## CURRENT EVENTS TO DO WITH FAMILY / FRIENDS

- [Oktoberfest](#)
- [Chocolate and Art Show](#)
- [Yoga in the Rainforest](#)
- [Daybreak Marathon Phoenix](#)
- [Global Energy Race 10K](#)
- [Heroes in Healthcare 5K](#)
- [SUP Yoga](#)



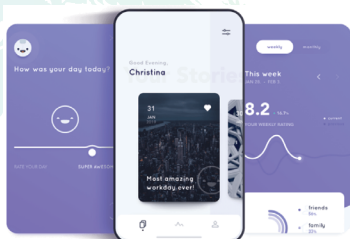
## SEPTEMBER WORKOUT OF THE MONTH: 18 MINUTE UPPER BODY FAT BLASTING HIIT WORKOUT

Each move you complete for only 1.5 minutes over 4 circuits, with the full circuit repeating 3 times. Seems simple enough! View examples below: High Knees, Rest, Bent Rows, Burpees, Rest, Bicep Curls, High Knees, Rest, Full Extension Crunch



## REFLECTLY – PERSONAL JOURNALING PHONE APPLICATION

Reflectly is a journal utilizing artificial intelligence to help you structure and reflect upon your daily thoughts and problems. Recent studies conclude a 22.8% better performance from employees keeping a work journal! Give it a try at [reflectly.app](#)



**JOURNALING PRESENTS AN OPPORTUNITY FOR EMOTIONAL CATHARSIS, AND HELPS THE BRAIN REGULATE EMOTIONS.**

[READ MORE](#)



**WELLNESS CHAMPION OF THE MONTH:  
DANIELLE JONES, VSMG**

I became a champion at the request of a Wellness Coordinator, I didn't even know there was such a thing at the time. I was very engaged in the program and constantly asking our only Wellness Coordinator at the time a lot of questions; expected updates, changes to the program, etc. After a while, the coordinator asked if I would like to be Valley's Schools Wellness Champion. My favorite thing about being a champion is having the opportunity to encourage others to get active and be healthy while also furthering my own wellness goals. I try to lead by example, participating in as many aspects of the program as possible. I like to think that each milestone I pass, encourages others to do the same with their own goals. By starting a Wellness Board at my site I've been able to encourage employees to track and increase their step counts, provide healthy recipes, and share healthy habit tips.

Over the last two years I have lost 63 lbs, developed better eating habits, managed my stress more effectively, and increased my activity level substantially. A lot of the motivation I found to accomplish these things can be attributed to my participation in the Wellness Program.

**TIPS TO BEAT THE HEAT:**

When you sweat, your body loses both fluid and electrolytes. Replenishing electrolytes via sports drink helps to replenish your mineral losses; but electrolytes also help make the most of your water, which is the key to proper hydration. Electrolytes are chemicals that conduct electricity when mixed with water. They regulate nerve and muscle function, hydrate the body, balance blood acidity and pressure, and help rebuild damaged tissue.

The muscles and neurons are sometimes referred to as the "electric tissues" of the body. They rely on the movement of electrolytes through the fluid inside, outside, or between cells. The electrolytes in human bodies include:

- Bicarbonate**
- Magnesium**
- Potassium**
- Calcium**
- Phosphate**
- Sodium**
- Chloride**

For example, a muscle needs calcium, sodium, and potassium to contract. When these substances become imbalanced, it can lead to either muscle weakness or excessive contraction. The heart, muscle, and nerve cells use electrolytes to carry electrical impulses to other cells.

Dehydration is an excessive loss of water from the body tissues, often accompanied by an imbalance of sodium, potassium, chloride, and other electrolytes. Early dehydration has no symptoms; mild or moderate dehydration can cause symptoms that include: thirst, fatigue, muscle cramps, dizziness, and headache. To stay replenished, look into electrolyte gels/powder if you prefer your water pure.

**HOW TO CREATE THE OPTIMAL SLEEP ENVIRONMENT**

**SLEEP SCHEDULE:** The ideal model is to sleep at night and stay consistent to a regular bedtime. However, for shift workers this may not be doable. Try your best to keep consistency with shifts (avoid rotating shifts if possible) and stick to your sleep schedule even on off days. Keeping a predictable pattern, along with following the rest of recommendations, will help with optimizing circadian rhythm entrainment.



**EATING PATTERN:** When you eat matters. Erratic eating patterns/night time eating can disrupt circadian rhythm independently from sleep/light patterns. Eating all meals within an 8-10 hour window has the potential to reverse diabetes and obesity. It can also be protective against metabolic disease in shift workers, without any additional changes made to the diet.

**TIME-RESTRICTED FEEDING:** Should follow day light patterns to optimize effectiveness. For example, if your first meal/caffeine/beverage is consumed at 8AM, your last bite of food/drink should be taken by 6pm to achieve an 8-hour feeding window.

**FROM YOUR WELLNESS TEAM:**

Did you know that the Standard American Diet averages 20:1 ratio of Omega-6 to Omega-3 fatty acids, respectively? This is problematic because an overabundance of Omega 6 is pro-inflammatory, activating inflammatory pathways in the cell. It is ideal to favor the Omega-3 fatty acids found in cold-water fatty fish over the Omega-6 fatty acids found in grains and vegetable oils. A 1:4 ratio of Omega-6 to Omega-3 fatty acids is ideal for optimal health.

Salmon, and other fatty fish like mackerel, herring, sardines, anchovies, bass, and shellfish like oysters, clams, and mussels are great sources of Omega 3 fatty acids. Omega 3 fatty acids, EPA and DHA, have been shown to decrease heart disease risk by decreasing inflammation and positively changing gene expression. To meet your Omega-3 needs, aim for 12 to 16 ounces (2-5 servings) of fish per week.

Yours truly,  
Your Wellness Team