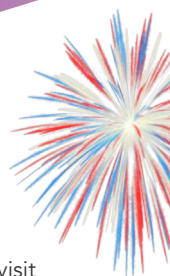


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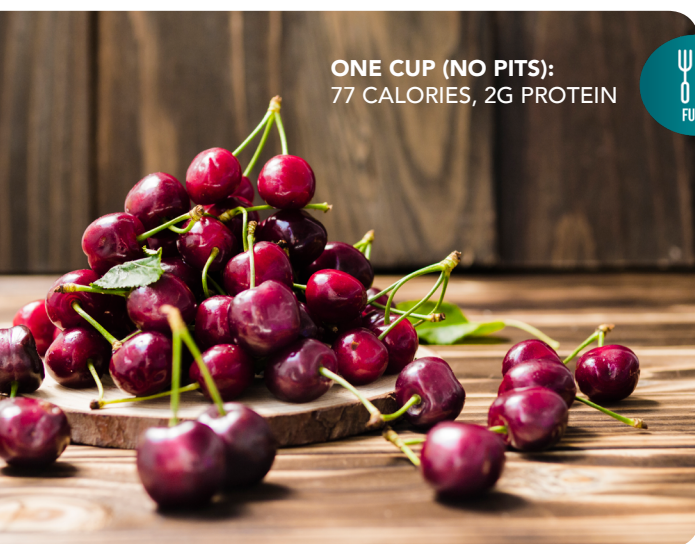
Celebrating safely:
View 2020 Phoenix fireworks updates from AZCentral.com



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ONE CUP (NO PITS):
77 CALORIES, 2G PROTEIN



FUEL: TART CHERRY JUICE AND WHOLE SWEET CHERRIES

According to agricultural research studies, cherries are one of the only natural food sources of melatonin, the chemical that controls the body's internal clock to regulate sleep. During the ten months of the year when cherries are out of season, dried cherries and cherry juice (especially tart cherry juice, which contains less sugar) are good substitutes.

RECIPES USING CHERRIES & CHERRY JUICE

- [Cherry and plum smoothie](#)
- [Tart cherry sleepytime elixer](#)
- [Summer buzz fruit salad](#)
- [Cherry Waldorf salad](#)
- [Northwest cherry salsa](#)

Researchers who've studied the melatonin content of cherries recommend eating them an hour before bedtime.



FROM YOUR RD: THE IMPORTANCE OF MEAL TIMING

The best time to eat dinner (or your last meal of the day) is 3-4 hours before bedtime, which allows the stomach to properly digest and focus on preparing for sleep. Eating small amounts of foods like complex carbs, fruits, veggies, or a small amount of protein will satiate hunger pains and help you fall asleep faster.



REST: MAINTAINING A REGULAR SLEEP SCHEDULE

Some people feel pride or resilience in their ability to function well without sleep. We can see this reflected in phrases like "I'll sleep when I'm dead" or "You snooze, you lose." More recently, however, sleep has emerged in research and culture as an essential component of a healthy lifestyle. No matter what, you won't feel your best if an inconsistent sleep schedule has thrown off your internal clock. In fact, an irregular sleep schedule can cause irritability, drowsiness, mood swings, concentration and memory problems, headaches, and a decline in cognitive skills. If you want to try just one sleep routine change that will make a difference in meeting your goals, and you want to keep your phone in bed, books, music, and TV on nearby...it can still be done. All those items are distractions but if you can't give them up in the bedroom try simply sticking to the same bedtime. This means setting the time and then preparing for bed, teeth brushed, device scrolled, and TV watched all before this set time. Your head is on your pillow and your eyes are closed. Being diligent about your bedtime is an important habit to establish for overall health.



DETOX: DIGESTION & YOUR DAY

Morning: Feeding your hunger as soon as you wake up can help kickstart the process of eating earlier, as well as letting your circadian rhythm know that it's time to start the day. The types of food you eat still make a big difference, with some foods ranging between 40 minutes and 5 hours to digest.

Afternoon: We may be our busiest mid-day, but quickly eaten and partly-chewed food is more difficult for the stomach and the gut to break down. Eating a meal in less than 20 minutes – even drive thru food – makes your intestines work harder, which may cause discomfort and bloating that slows your day.

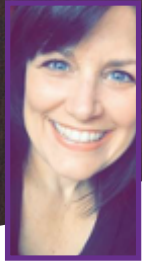
Evening: Eat your larger meals earlier in the day and have a smaller dinner at night at least three hours before bedtime. This gives your digestive system a chance to work more efficiently while leaving plenty of time for repair and rejuvenation that only happens while you sleep.



MOVE: THE BEST TIME OF DAY TO EXERCISE

Not a morning person? Research shows people actually tend to perform best at exercise (especially high-intensity exercise) later in the day. Strength and flexibility are greatest in the late afternoon, and perceived exertion (meaning how hard you feel that your body is working) is lowest. Scientists attribute these effects to our circadian rhythm, the body's 24-hour clock, which causes body temperature to rise slightly throughout the day and peak in late afternoon.

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“ I love it when my colleagues realize how easy it can be to earn their points, and I smile big when they reach their goals!



WELLNESS CHAMPION OF THE MONTH: KELLY NIELSEN, PEORIA UNIFIED SCHOOL DISTRICT

I became a champion because quite frankly, no one else wanted the job! However, I continue to be a champion because I really do enjoy helping people find success! I believe that together we can help each other stay organized and on track. My favorite part of being a champion is the extra interactions I get with people I may not otherwise have an opportunity to see! I love it when my colleagues realize how easy it can be to earn their points, and I smile big when they reach their goals!

Championing the WellStyles program gives me the opportunity to help others learn new ways to be healthier. That can take many forms such as team challenges, sharing healthy recipes, or even monthly Bingo! This past year I also created a virtual wellness board (blog) where I can easily share upcoming information and news with a click of a button! My personal health journey is much like a rollercoaster with many highs and lows. Sometimes it's a smooth ride and sometimes it's a little bumpy. I often say it's okay to make mistakes; just don't let them keep you down. I recently lost 22 pounds just by eating right and moving more. The process isn't hard but staying motivated is key. I am grateful for the WellStyles program and all the opportunities it provides us to lead more active, healthy lifestyles!



REFRAME: MEDITATIONS FOR A GOOD NIGHT SLEEP

Guided sleep meditations generally employ a number of different techniques. When we settle the mind, we rest the body - and that restfulness is what makes it easier to wind down and drift off. Try some of these guided meditation techniques to wind down:

Breathing exercises: This involves regulating breathing by counting, eventually slowing your breathing down a bit, which signals to the body that it's time for sleep.

Mindful body scanning: As you lie on your bed, you may be asked to notice the breath and the places where your body is touching your bed. Then, starting at the toes, you can think of "switching off" any effort in each part of your body, part by part.

Counting: To slow the mind, count slowly: starting at 10 (or even 1,000) counting backwards to one.

Visualizations: A visualizing meditation asks that you imagine an image or scene, then it takes you into a mental state that is similar to hypnosis.

Gratitude: Some sleep-focused meditation programs focus on appreciation meditation and loving kindness meditation, which ask you to focus on gratitude.

Silence: A narrator or guide may ask you to lie calmly in silence for up to a few minutes, providing very little guidance, as a way to focus after a long day or before an active breathing or visualization meditation.

FROM YOUR WELLNESS TEAM: DO YOU WATCH TV BEFORE BED?

Do you watch television before bed? Do you check your phone at night? Sunlight is not the only source of blue light. Blue light is also emitted from technology. Although we need blue light during the day, when exposed to blue light in the evenings, it halts production of the sleep-inducing hormone called melatonin and will make you feel more alert. In other words, blue light exposure at night can prevent you from getting a good night's sleep!

Here are a few things that you can do in order to limit blue light exposure in the evenings:

- Limit devices after dinner
- Keep devices out of the bedroom
- Change your display settings to "night shift". Night shift changes the devices light from blue to red after a specific time.
- Blue light blocking glasses block the blue light from reaching the retina of the eye.

Yours truly,
Your Wellness Team



CONNECT: GET TOGETHER AT A FAMILY FRIENDLY REGIONAL PARK

MCDOWELL MOUNTAIN REGIONAL PARK

The park boasts hiking and horseback riding trails, camping sites and a bike course. For hikers, the park offers more than 40 miles of hiking trails, ranging from a half-mile to more than 15 miles.

USERY MOUNTAIN REGIONAL PARK

Easily accessible from Mesa, this 3400-acre urban park is quite popular with outdoor enthusiasts, who enjoy everything from bicycling and hiking to archery and camping.

LAKE PLEASANT REGIONAL PARK

The park offers a lakeside restaurant, covered slab picnic areas, fishing, swimming, boating and hiking in a scenic desert park in Phoenix.

PAPAGO PARK

This desert park, dotted with red rock and weather-sculpted buttes, is located near the Phoenix Zoo and offers covered picnic areas and ranger-patrolled play areas.

DREAMY DRAW

Most hiking trails at Dreamy Draw are easy to moderate, and picnic areas can accommodate 200 people. This is the place to go to get away without having to leave the city.

SOUTH MOUNTAIN PARK

A maze of well-maintained hiking trails crisscrosses one of the largest municipal parks in the world. For a spectacular view, drive to Dobbins Lookout Point and gaze at the city from 1200 feet.

TEMPE BEACH PARK

Sailing and cruising attract area residents, as do the bike paths and picnic areas in the 25 acre park that surrounds the lake. Children love the Splash Playground, and there are bike and boat rentals available.

CAMELBACK ECHO CANYON

Echo Canyon Recreation Area is made up of layered sandstone and comprises the "head" of Camelback Mountain. See some of the smaller animals of the Sonoran Desert, including cottontail rabbits, snakes, lizards, birds and Harris antelope squirrels.