THE BEET

A WELLSTYLES NEWSLETTER

NOV 2021

WHAT'S UP, Sugar?

JOIN WELLSTYLES THIS MONTH TO LEARN THE IMPACT OF SUGAR ON YOUR BODY & TAKE STEPS TO REDUCE YOUR INTAKE!

SAVE THE DATE

NOV. 3
WED @ 3:30PM
MINDFUL MOVEMENT
BODY WEIGHT STRENGTH TRAINING
CLICK HERE TO REGISTER

NOV. 10
WED @ 3:30PM
TAKE 10
APPRECIATING THE SIMPLE THINGS
CLICK HERE TO REGISTER

NOV. 17
WED @ 3:30PM
WELLNESS WINDOW
THE CASE AGAINST SUGAR WITH GARY TAUBES
CLICK HERE TO REGISTER

WHAT'S UP, SUGAR?

Limit Your Sugar CHALLENGE

MON. NOV 15 - FRI. NOV 26

REGISTRATION OPENS MONDAY, NOVEMBER 8TH

CLICK HERE TO JOIN

DID YOU KNOW that the majority of us consume roughly 152 lbs of sugar a year?! Despite all the information about its negative health effects at our fingertips, sugar remains one of the most widely consumed substances in the world. This month we invite you to join us in the **LIMIT YOUR SUGAR CHALLENGE** and take steps towards reducing your sugar intake and improving your health.

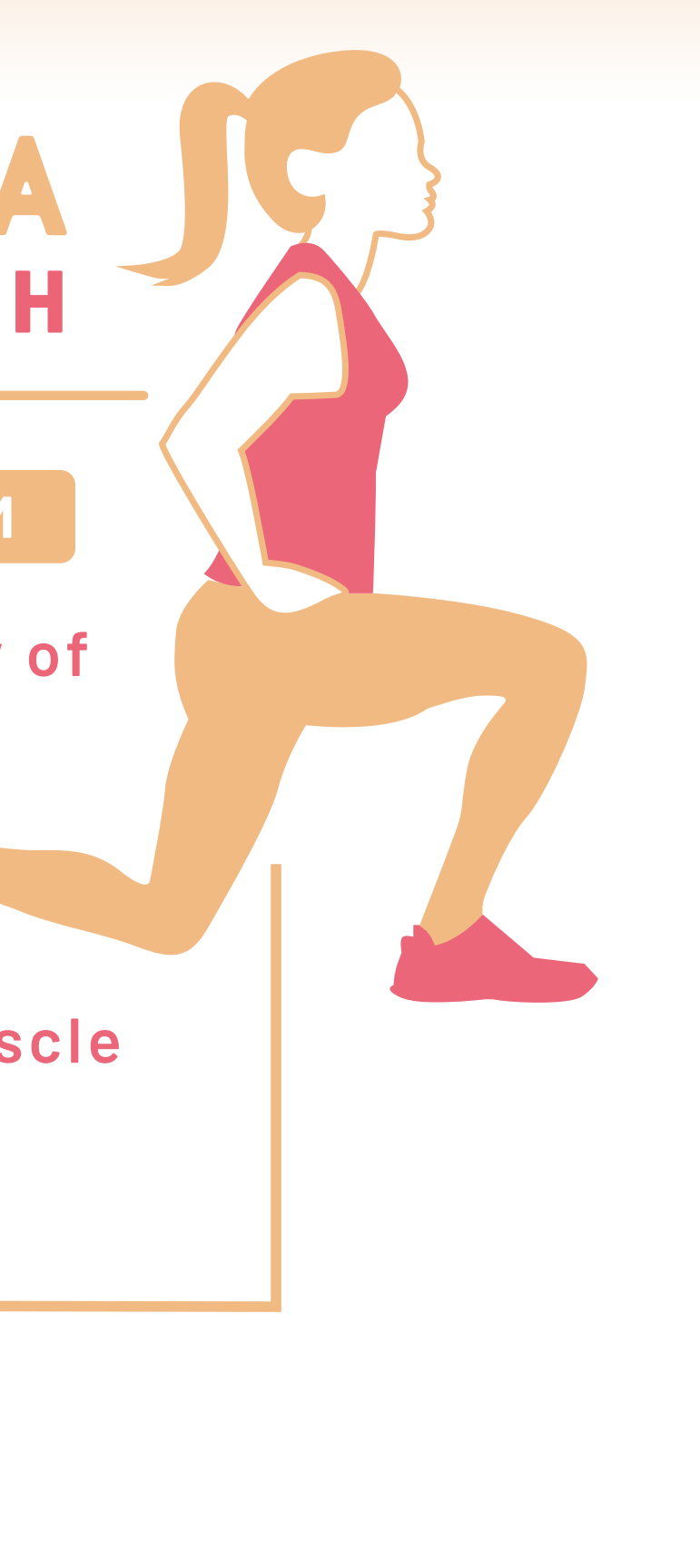
In addition to reducing your risk of many chronic diseases, decreasing your sugar intake can also result in improvements in your energy, mood, skin, digestion, mental clarity and metabolism. Set yourself up for sweet success in this challenge by adopting the WellStyles' strategies for dodging this sneaky ingredient!

CLICK HERE FOR OUR SECRETS

ARE YOU SIGNED UP FOR WELLSTYLES?

SCAN OR CLICK HERE TO REGISTER

mindful movement



YOU ARE INVITED TO A BODYWEIGHT STRENGTH TRAINING CLASS!

WEDNESDAY, NOVEMBER 3RD AT 3:30 PM

This 30-minute workout consists of a variety of full-body exercises that hit every muscle group. The purpose of this workout is to improve your body's ability to utilize sugars by increasing strength and muscle mass. Come workout with Riley and earn 150 WellStyles points while doing it!

REGISTER HERE

Take 10 APPRECIATING THE SIMPLE THINGS

As the holiday season approaches, it's easy to get lost in our task list and overlook the joy and peace that is available to us if we are able to stay present.

With a few mindful moments a day, we can begin replacing this overwhelm with gratitude for the simplest things in life - like time away from work, the company of our loved ones and savoring home-cooked meals.

JOIN MIKAYLA FOR A GUIDED GRATITUDE MEDITATION
NOV.10TH @ 3:30 PM

REGISTER HERE

HELP SHIFT YOUR FOCUS AWAY FROM THE CHAOS & BACK TO THE LITTLE THINGS YOU CAN APPRECIATE EVERY DAY.

Better Bites

If you have a tendency to indulge in all the traditional Thanksgiving fan-favorites like marshmallow-topped sweet potatoes, dinner rollsand cornbread, stuffing, and endless desserts, then you have probably experienced the fatigue that follows the meal.

A likely contributor to this crash is the spike and subsequent fall in our blood sugar brought on by the over consumption of refined carbohydrates and sugar-rich foods. Large variations in our blood sugar can leave us with brain fog, feeling sluggish, and even hungry or craving sugar. The good news is, it is possible to improve the nutrient-profile of your Thanksgiving meal without compromising flavor and comfort.

IF YOU WANT TO ENJOY THE HOLIDAY WITHOUT THE CONSEQUENCES,

CHECK OUT THESE HEALTHIER HOLIDAY RECIPES!

If you make any of these, don't forget to submit a photo to wellnesscoordinator@wellstyles.org to earn an additional 200 points to your WellStyles program!

- PUMPKIN PIE
- CAULIFLOWER STUFFING
- SCALLOPED POTATOES
- THANKSGIVING SLAW

In observance of November and December's holiday breaks, our live cooking demos will be on hold until the new year to allow us all plenty of time to spend with our loved ones. Fortunately, we have an entire library of healthy recipes to whip up for you and your family.

CLICK HERE TO SEE MORE RECIPES FROM THE
BETTER BITES LIBRARY

the WELLNESS WINDOW

THE CASE AGAINST SUGAR

WED, NOVEMBER 17TH @ 3:30 PM

SINCE THE EARLY 1800S, our consumption of sugar has increased from an average of 5 pounds per year (roughly the sugar in a 12-ounce can of Coca Cola weekly) to 15 or more times that amount. In periods when sugar consumption surged – the 1870s to 1920s and the 1970s to the present –the prevalence of diabetes and/or obesity increased dramatically as well. What's the connection? Is sugar just empty calories, as the conventional wisdom has it, or is something more physiological and insidious going on? In short,

IS SUGAR TOXIC?

REGISTER HERE

Gary Taubes is an investigative science and health journalist, the author of The Case for Keto, The Case Against Sugar, Why We Get Fat and Good Calories, Bad Calories (published as The Diet Delusion in the UK). Taubes is a former staff writer for Discover and correspondent for the journal Science. His writing has also appeared in The New York Times Magazine, The Atlantic, and Esquire, and has been included in numerous Best of anthologies, including The Best of the Best American Science Writing (2010). He has received three Science in Society Journalism Awards from the U.S. National Association of Science Writers. He is the recipient of a Robert Wood Johnson Foundation Investigator Award in Health Policy Research, as well as co founder and President of the non-profit Nutrition Science Initiative (NuSI).

STOP!

DON'T LEAVE 600 POINTS BEHIND!

DID YOU MISS OCTOBER'S EVENTS?

HIIT YOUR GOALS!	CLICK HERE
SET YOUR INTENTION	CLICK HERE
THE BASICS OF MEAL PREP	CLICK HERE
HOW TO CREATE SUSTAINABLE HEALTHY HABITS	CLICK HERE

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