

A WELLSTYLES NEWSLETTER



### JOIN US FOR THE LEAN MEAN PROTEIN CHALLENGE

and track the lean protein sources that you consume during the day like poultry, seafood, beans, eggs, tofu, and more! Make it a habit to include protein in your diet, track your intake 6 out of the 12 days, and earn an additional 200 tracking points on WellStyles!

ARE YOU SIGNED UP FOR WELLSTYLES?



SCAN OR CLICK TO REGISTER

DID YOU MISS LAST MONTH'S EPISODE OF

## Better Bites ?

OF FOOD AND KNOWLEDGE

SOUPS FOR THE SOUL



Better Bites of Food and Knowledge is a themed monthly series equipped with practical nutrition education, a collection of hand-picked recipes, prep videos in the kitchen with Kristen, and downloadable PDF recipe cards ready to print or save. Stay connected with Better Bites to start focusing on gaining knowledge and nutrients to optimize your health!

SCAN HERE TO SUBSCRIBE TO BOTH THE BEET & BETTER BITES!



## monthly



## shoutout

Last month Paradise Valley Unified School District held their annual Virtual Fun Walk/Run!! PVUSD had over 750 participants and ran over 23,000 total miles! Way to go PVUSD!

Do you want to tell us about something awesome your site is doing?

Email [wellnesscoordinator@wellstyles.org](mailto:wellnesscoordinator@wellstyles.org) and let us know!

ARE YOU INTERESTED IN PARTICIPATING IN A FUN RUN/WALK? CLICK HERE TO FIND ONE IN YOUR AREA

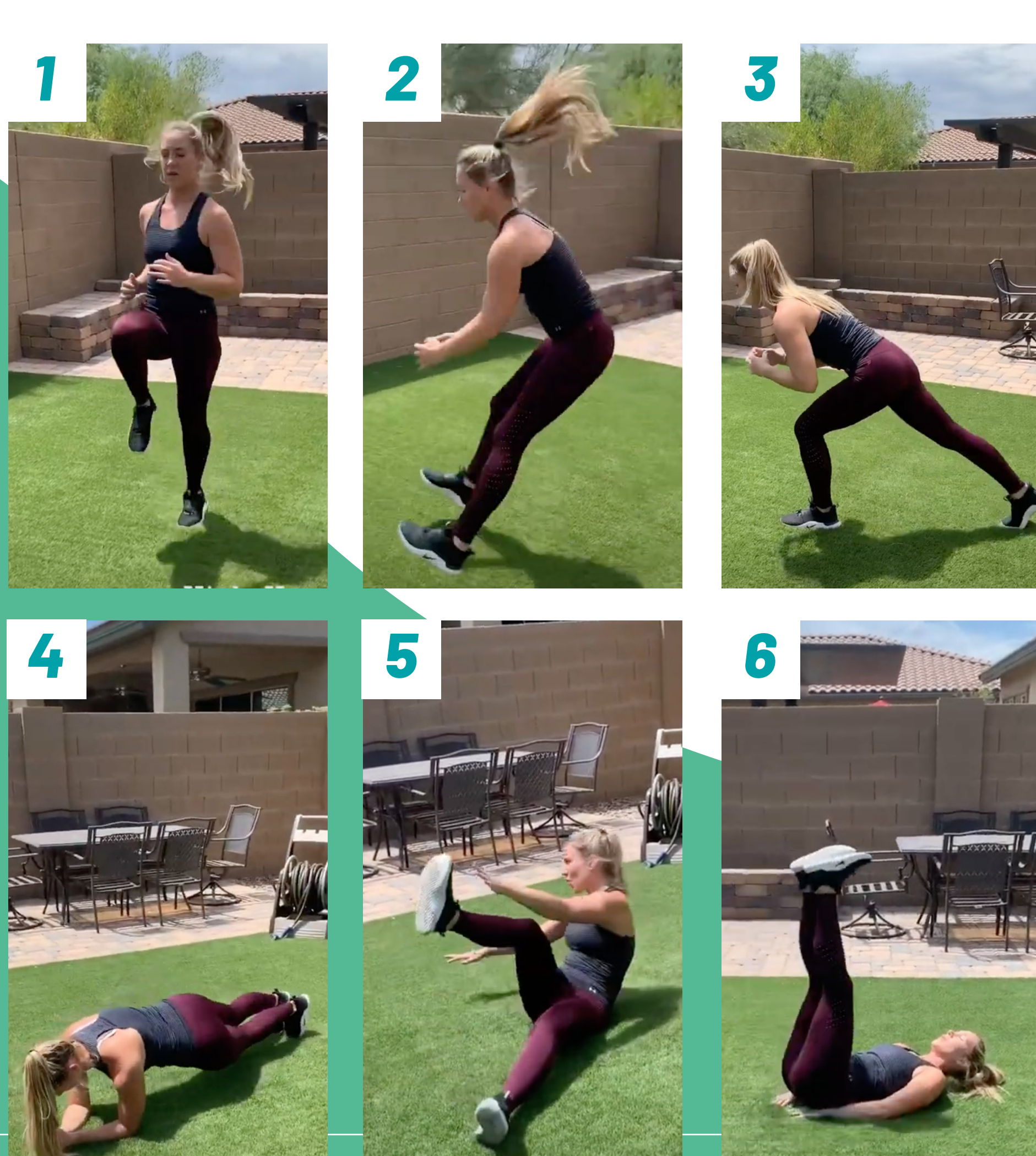
## work it

Complete each exercise for 45 seconds. Rest for 15 seconds between each exercise.

- 1 high knees
- 2 long jumps
- 3 knee drives
- 4 hip dips
- 5 cross body abs
- 6 leg lifts

4 rounds total. Rest for 1 minute between each round!

## out



WATCH NOW



## GREEN TIP of the MONTH



Nature has a calming effect on us that has proven to reduce stress, lower blood pressure and also reduce symptoms associated with depression and anxiety. It is amazing that just a few minutes spent outdoors can provide us these benefits, but do not take our world for it! Experience these benefits for yourself, and

GET OUTSIDE!

# "HEALTH IS AN INVESTMENT, NOT AN EXPENSE."

