

January

STAYING ACTIVE AT WORK & HOME



QUOTE OF THE MONTH

"You have never shamed the waves for not arriving on the ocean shore any sooner than they were meant to,

and you have never looked above you to guilt the clouds for taking their time as they cross the noonday sky

you simply accept:
these clouds must travel
and whatever pace they need to.

oh,
what a difference
it would make
if you gave yourself
this same grace."

- Morgan Harper Nichols



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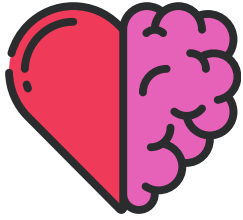
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CHOOSE A CAUSE & PARTICIPATE IN AN ACTIVITY THAT RAISES AWARENESS THIS MONTH

THIS MONTH...

- Cervical Health Awareness Month
- National Blood Donor Month
- Jan 17-23 National Healthy Weight Week
- January 18 King Day of Service (MLKD)



THE PHYSICAL & MENTAL Impacts of Exercise



Maintaining good physical and mental health is essential for living a fulfilling life. Obviously, exercise helps us get physically stronger, but it is also very important for strengthening our minds as well.

The COVID-19 pandemic left many of us feeling fearful, isolated, and concerned for the unknown future. One way to combat these stressors is by adding in some exercise to each day.

The world is currently dealing with the pandemic, and health organizations around the globe are urging people to practice physical distancing. Physical distancing is an effective method for preventing the spread of COVID-19, but it may lead to loneliness.

EXERCISE CAN HELP TO DECREASE THE EFFECTS OF SOCIAL ISOLATION

Exercise improves mental health by reducing anxiety, depression, and negative mood, and improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. Thirty minutes of exercise of moderate intensity, such as brisk walking for 3 days a week, is sufficient for these health benefits.

OTHER HEALTH BENEFITS FROM REGULAR EXERCISE:

1. Improved sleep
2. Better endurance
3. Stress relief
4. Improvement in mood
5. Increased energy and stamina
6. Reduced tiredness that can increase mental alertness
7. Weight reduction
8. Reduced cholesterol and improved cardiovascular fitness



Source:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/#:~:text=Exercise%20improves%20mental%20health%20by,self%20Desteem%20and%20cognitive%20function.&text=Exercis e%20has%20also%20been%20found,self%20Desteem%20and%20social%20withdrawal.>

QUESTIONNAIRE: How Physically Active Are You?

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE

This is a self-administered questionnaire to provide you with greater insight into how physically active you are in different areas of your everyday life.

Below is the short version of the questionnaire. If you are interested in the longer version, where it asks you about physical activity at work and home, please see the attachment in the January Wellness Newsletter email.



Think about all the vigorous activities that you did in the last 7 days. Vigorous activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

1. During the last 7 days, how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling?

---- Days per week

No vigorous physical activities



Skip to question 3

2. How much time did you usually spend doing vigorous physical activities on one of those days?

---- Hours per day

---- Minutes per day

Don't know/not sure

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

3. During the last 7 days, how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

---- Days per week

No moderate physical activities



Skip to question 5

QUESTIONNAIRE: *Continued*

4. How much time did you usually spend doing moderate physical activities on one of those days?

____ Hours per day

____ Minutes per day

Don't know/not sure

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

____ Days per week

No walking → Skip to question 7

6. How much time did you usually spend walking on one of those days?

____ Hours per day

____ Minutes per day

Don't know/not sure

The last question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at work, at home, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting/lying down to watch television.

7. During the last 7 days, how much time did you spend sitting on a weekday?

____ Hours per day

____ Minutes per day

Don't know/not sure

END

FUN WAYS TO Stay Active Indoors

HAVE A VIRTUAL DANCE PARTY WITH FRIENDS OR OVER VIDEO CHAT



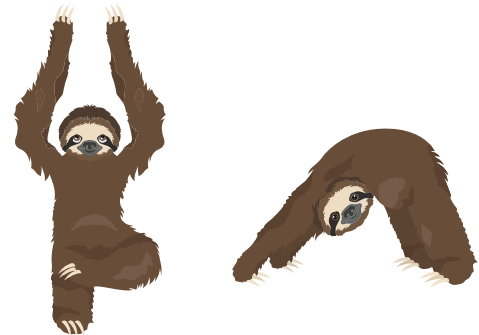
IF YOU HAVE STAIRS, CLIMB UP & DOWN FOR 10 MIN AT A TIME, OR WORK THEM INTO STRENGTH ROUTINES LIKE ELEVATED PUSH-UPS OR TRICEP DIPS



MAKE YOUR OWN JUMP-ROPE AND SHADOWBOXING ROUTINE - NO EQUIPMENT REQUIRED



STREAM A FREE YOGA VIDEO



TAKE SOME LAPS AROUND THE HOUSE OR WORKPLACE ON BREAKS. OR HAVE A WALKING PHONE CONFERENCE



MAKE ACTIVITY A HABIT: SCHEDULE EXERCISE OR MOVEMENT INTO EVERY DAY



30 DAYS TO More Movement



WEEK 1

- DAY 1: 20 Minutes of Cardio
- DAY 2: Basic Strength-Training Workout
- DAY 3: 20 Minutes of Cardio
- DAY 4: 15 Minutes of Basic Yoga
- DAY 5: Basic Strength-Training Workout
- DAY 6: 20 Minutes of Cardio
- DAY 7: Rest

WEEK 2

- DAY 1: 25 Minutes of Cardio
- DAY 2: Basic Strength-Training Workout
- DAY 3: 25 Minutes of Cardio
- DAY 4: 15 Minutes of Basic Yoga
- DAY 5: Basic Strength-Training Workout
- DAY 6: 25 Minutes of Cardio
- DAY 7: Rest

WEEK 3

- DAY 1: 30 Minutes of Cardio
- DAY 2: Basic Strength-Training Workout
- DAY 3: 30 Minutes of Cardio with Intervals
- DAY 4: 15 Minutes of Basic Yoga
- DAY 5: Basic Strength-Training Workout
- DAY 6: 30 Minutes of Cardio
- DAY 7: Rest

WEEK 4

- DAY 1: 30 Minutes of Cardio
- DAY 2: Basic Strength-Training Workout
- DAY 3: 30 Minutes of Cardio with Intervals
- DAY 4: 15 Minutes of Basic Yoga
- DAY 5: Basic Strength-Training Workout
- DAY 6: 30 Minutes of Cardio
- DAY 7: Rest

Cardio:



Choose any activity you feel comfortable with - it could be walking, jogging, a mixture of walking and jogging, bicycling, swimming, etc.

Strength-Training:



Target all of the muscles in the body with low-impact exercises including: lunges, push-ups, squats, overhead presses, bicep curls, tricep extensions, crunches, etc.

It's normal to be sore after lifting weights for the first time, or even if its been a while. If you find you're very sore the next day, you might need to take an extra rest day and focus on stretching.

Basic Yoga Flow:



Yoga is for everyone! To incorporate a simple 15 min yoga flow, try this video:

<https://www.youtube.com/watch?v=L4Z7lix6Qao>

MINDFUL MOMENTS

8 Ways to Detox

THAT HAVE NOTHING TO DO WITH YOUR BODY

- Unfollow people on social media who are negative and leave you feeling
- Detox your email inbox by unsubscribing from unwanted ads and companies
- Donate clothing that you don't wear. If you haven't worn something in 2 years, it's safe to say it probably won't ever get used.
- Clean out expired products from your bathroom and kitchen
- Cancel subscription services that you don't use
- Organize your phone and delete apps and pictures
- Organize your computer and delete documents and software you don't use
- Declutter your car

N O U R I S H

ZUCCHINI BOATS

Recipe From: *Minimalist Baker*

ingredients

- 3 medium sized zucchini
- 1-2 tsp avocado oil
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1 pinch red pepper flakes

Filling:

- 1 Tbsp avocado oil
- 1/2 cup diced white or red onion
- 4 cloves garlic, minced
- 1/4 tsp red pepper flake
- 1 1/4 cup vegan or regular sausage
- 1 cup marinara sauce
- 2-3 tbsp vegan or regular parmesan cheese



recipe preparation

- Heat oven to 400 degrees F and set out a 9x13 baking dish.
- Halve zucchini lengthwise and use a spoon or measuring spoon to scoop out the seeds and some of the flesh.
- Lightly spray or brush the zucchini with a bit of oil, and season each with salt, garlic powder, and red pepper flake.
- Heat a large skillet over medium-high heat. Once hot, lay the zucchini cut-side down and cook for 2-3 minutes or until the edges appear browned. Once all zucchini have been seared (on the cut side), transfer to your baking dish cut-side up.
- To the same skillet over medium heat, add oil onion, garlic, and pepper flake and sauté for 3-4 minutes. Turn down heat if browning too quickly.
- Add sausage and crumble into small chunks with your spatula so it cooks more evenly. Cook for 4-5 minutes, stirring frequently, or until the sausage has begun to brown and crisp up a bit. Turn off heat and set aside.
- Divide your marinara evenly between the zucchini boats and top with the sausage mixture. Then use a spoon to mix the two a bit (keeping the sausage mostly on top).
- Sprinkle with parmesan cheese and bake uncovered for 20-25 minutes.
- Serve as is, or with additional parmesan cheese and red pepper flake. Fresh basil would also be a delicious garnish.