

# WELLNESS NEWSLETTER

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Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



## MAY 2021

### HEALTH OBSERVANCE

## Employee Health and Fitness Month

Lisa Kyler, Creative Content Manager & Danielle Rogge, Wellness Coordinator – Wellworks For You

### Boosting Your Office Morale

The month of May means there's no better time to celebrate employee health and fitness. Studies have shown time and again that regular exercise has endless benefits that can translate into workplace health. This month, take a brisk walk or jog when the afternoon slump sets in instead of reaching for another cup of coffee. Even 15 minutes of activity can help improve your memory and concentration. If your office has yet to embrace health and fitness, May could be an opportunity to introduce new ideas such as team walks, fitness challenges, or a recipe sharing day. Creating an environment that promotes an active lifestyle, focuses on preventive physical and mental health care, and provides educational resources are just a few benefits that will set your workplace up for success.

### Getting Outside and Staying Physically Active

As we head into summer and the days get longer, it is important to remember the significance of getting outside, being physically active and spending time in the sun.

According to the American Heart Association, adults should get 150 minutes of moderate intensity aerobic physical activity or 75 minutes of vigorous activity a week. Some ideas of moderate to vigorous physical activity that could be done outside are listed below:

#### Moderate

1. Brisk walking
2. Water aerobics
3. Doubles tennis
4. Digging in the garden
5. Kayaking

#### Vigorous

1. Jumping rope
2. Horseback riding
3. Using a stair climber
4. Running
5. Swimming laps



Spending time outdoors has a multitude of benefits. Namely, boosting mental health and lowering stress, controlling weight and maintaining strong bones, and increasing energy which can lead to longer, healthier life as well as strengthening your immune system. By spending 30 active minutes outside a day, you can boost your endorphin and serotonin level, ultimately increasing your mood.

Having trouble thinking of ways to get outside? Think of making small changes, instead of taking the car to something within walking distance, take that walk, or ride a bike! Or, take some time to walk with your kids or significant other after or before work.

#### SOURCE:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>



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# Celebrate Mother's Day

Lisa Kyler, Creative Content Manager - Wellworks For You

Every year in May we celebrate someone who has probably had a huge impact on our lives, Mom. While you don't need a reason to celebrate and pamper the person you call Mom, or any mother figure you have, it's another day to show her all she has done for you and how much it means.

This Mother's Day may be the first opportunity you have to visit again in person after a long year of social distancing. Find a new dish to cook together or pack a picnic for a long hike. Bond over an online yoga class that leaves you both in a game of Twister. If you're still not able to meet, find ways to connect virtually. Take a walk while talking on the phone, allowing yourself to be free of distractions. At the end of the day, what matters most is the quality time you spend together - in person or virtual.

## MOTHER'S DAY 2021

May 9, 2021



## HEALTH TIP CORNER

**There is no "right way" to feel better.**

Fresh air, good company, healthy food and exercise are brilliant ways to help you get closer to feeling on top of things again, but maybe you can't face all - or any - of that right now. Take baby steps. Just acknowledging the fact that you're struggling is a great start.

Source: <https://www.headstogether.org.uk/mothersday/>

## Featured Recipe

### Breakfast Tacos

1 Serving (2 Tacos)

#### INGREDIENTS

- 1 egg
- 2 egg whites
- 1/4 cup canned black beans
- 1/8 tsp. oregano
- 1/8 tsp. cumin
- Salt and pepper
- 2 corn tortillas
- 2 tbsp. avocado
- 2 tbsp. salsa

#### DIRECTIONS

1. Spray a microwave safe dish with cooking spray. Whisk together the eggs, egg whites, black beans, cumin, oregano salt, and pepper. If you're adding extra veggies stir them in as well. If your veggies are raw, you can microwave them first for 1-2 minutes until just tender.
2. Microwave the eggs for 1 minute. Remove and scramble with your fork. Return to microwave for 1-1.5 minutes until cooked through.
3. Warm the tortillas. I prefer to do this directly on the burner on the stove so they toast a bit but you could also microwave them for 10-15 seconds.
4. Assemble your tacos with your favorite salsa, avocado, and any additional toppings.

#### NUTRITION

**Per serving:** Each serving (2 tacos) contains about 296 calories, 35g carbohydrates, 21g protein, 9g fat, 2g saturated fat, 629mg sodium, 9g fiber, 1g sugar, 186mg cholesterol



Source: <https://www.slenderkitchen.com/recipe/five-minute-healthy-breakfast-tacos>