



Healthier Living

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE



WORK YOUR SPACE

On average, you spend one-third of your time each week in your workspace. Whether you're in the office, at home, or in a hybrid model, your workspace habits can impact your mood, productivity, and outlook. Create a **HEALTHY WORKSPACE** by setting up your environment to match and support your needs.

NATURAL LIGHT

Bright idea! Place your desk by a window for increased vitamin D exposure from the sunlight and improved mood. If your office space does not have a window, consider a light therapy lamp that mimics sunlight to produce similar benefits of sun exposure.

DECLUTTER

Start with a clean slate. Remove everything from your desktop and give the surface a good cleaning. Dust your computer, wipe down the keyboard.

Organize. Only put items you need on your desk. Add supplies (pens, pencils, highlighters, paper clips, sticky notes, etc.) to drawers, bins, or containers.

File. Create a designated space for papers and files.

Pick-up. At the end of your day, spend one minute cleaning up your area to be ready for the next day.

PERSONAL TOUCHES

Green space. Add plants or greenery around your space. Depending on the plants you have, they can help clean the air, increase productivity, help reduce stress, and can make your workspace more calming and pleasing to be in!

Picture this. Set up photos of loved ones or landscapes.

Drink up! Stay hydrated by keeping a reusable water bottle or glass of water by you. Once the glass is empty, make it a habit to refill.

POSTURE

Time to align. Your elbows, hips, and knees should be at 90 degrees, spine straight with shoulders above hips and ears above shoulders.

Pay attention. Once you notice your posture is out of alignment make those corrections or set reminders about correcting posture throughout the day on your computer. ♦



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FEATURED RECIPE

LEMON SPINACH

INGREDIENTS:

8 cups of fresh spinach
¼ tsp of black pepper
1 Tbsp of lemon juice



INSTRUCTIONS

Wash the spinach and trim off the stems. Add spinach, black pepper, and lemon juice to a pan. Cook over medium heat, letting the spinach boil for around 3 minutes until the spinach is tender. Serve with hot with your favorite main course.

SWWC
LIVE WELL



FOOD FOR THOUGHT

Life Giving you LEMONS?

ENJOY THE HEALTH BENEFITS!

LEMONS have been used as a natural remedy for hundreds of years, and we are still consuming lemons for their health benefits today. Lemons are a low-calorie/low-sodium citrus fruit, free of fat and cholesterol. Lemons, and other citrus fruits, are good sources of **vitamin C**, **citric acid**, and **soluble fiber**. So how can a lemon-ade your health? Easy squeezey!

Vitamin C is an essential vitamin as the human body is unable to produce it on its own. On average, one lemon contains **40%** of the recommended daily value (RDA) of vitamin C. It is a powerful antioxidant that helps prevent damage to the body from free radicals. Vitamin C is also needed for the body to make **collagen**, a protein that helps heal wounds. Vitamin C rich foods, like oranges, bell peppers, and lemons, help your body absorb **iron** from plant-based foods. Iron is needed to prevent anemia and help transport oxygen in red blood cells from the lungs to the rest of the body.

Citric acid helps lower the risk of kidney stones. The more citric acid in your urine, the less likely kidney stones will form and it will break up small stones that have started to form. A half-cup (4 ounces) of pure lemon juice per day or 32 ounces of prepared lemonade provide about the same amount of citric acid as does pharmacological therapy.

Soluble fiber is associated with decreasing risk of heart disease, lowering blood sugar levels, and lowering your LDL cholesterol. The main fiber in lemons is pectin which is found mostly in its peel.

Squeeze the benefits of lemons into your life. Add fresh lemon juice to your beverages like water, lemonade, and soft drinks, and in other foods such as salad dressings, sauces, and baked products. Grate the peel to add lemon 'zest' to salads, main courses, and desserts. As an added benefit, lemon also acts as a natural flavoring and as a preservative. So don't sour on those lemons that life gives you! ♦



Relaxation

Sitting tall, place hands in lap and close eyes. Inhale deeply, drawing in peace and calm. Exhale completely, releasing stress and tension. Continue for 5 - 10 deep breaths.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

Challenge of the Month:



Work Healthier

In the next 30 days, make **THREE** changes in your workspace that are beneficial to your mind and body.

MIND MATTERS

The Wellbeing Benefits of READING

Want to be calmer, happier, and more stimulated? Get lost in a

good book! If reading for fun is not a hobby of yours, here are four benefits to encourage you to pick up a book.



- 1. Strengthens your brain.** Reading is a great workout for your brain that improves knowledge, cognitive function, memory, and focus.
- 2. Reduces stress.** Reading gives you a space to occupy yourself with something other than everyday stress.
- 3. Improves literacy.** The more you read the more you are introduced to a variety of words to build your vocabulary for reading, writing, and communicating.
- 4. Improves sleep.** Add reading to your bedtime routine to help calm your body and mind and prepare for a restful sleep.

How to get started?

- Ask for book recommendations from family and friends.
- Stick to stories and topics you enjoy.
- Schedule a time in your day to read for 15 minutes. Start off with shorter intervals and slowly it will become a habit. ♦