



Wellness ... Get on the Bus!

Thrive: Eight to Five

Maximize energy peaks

First, pay attention to your daily energy peaks and valleys. Schedule tasks that complement these times. Plan to work on complex, creative projects during your energy peaks and save brain resting activities, like cleaning out your inbox or filing documents, for energy valleys. Many top CEO's suggest utilizing your morning energy peak by starting your day with a big project, before checking e-mail.

Avoid multitasking during your peaks. Devote your full attention to one task for 30 – 90 minutes, take a break, and then begin the next project. Check emails at a separate, scheduled time. This allows you to complete tasks quicker, more completely, and leave more enjoyable tasks for later in the day.

Let your phone go to voicemail during meetings to increase productivity and time efficiency. You can devote time to returning voicemails separately.



Manage energy valleys

When an energy valley hits, deep belly breathing instantly boosts energy by increasing the amount of oxygen your brain receives. It also improves focus and concentration. A lesser known tactic is to express appreciation for others. This energizes both the receiver and the giver. Schedule time to express your appreciation with a hand-written note, e-mail, phone call, or face-to-face. Leaving your desk at lunch, taking a walk in the afternoon, or scheduling "get moving" breaks every 90 – 120 minutes also boosts energy.

Tap into your circadian cycle

Your body has a natural, daily circadian cycle where you have low energy around 2 or 3pm. This is due to a drop-in core body temperature, which signals the production of melatonin, the sleep hormone, similar to what happens at night. Getting a dose of natural light for at least 10 minutes every day helps you regulate your circadian cycle, sleep better at night, and increase overall feeling of restfulness.

Keep nutrition in check

To help moderate your peaks and valleys, start your day with a nourishing breakfast, then eat a combination of protein and fiber-rich foods for lunch and snacks throughout the day. Avoid heavy, fatty foods that leave you feeling weighed down. Staying hydrated helps too, especially when drinking cool water.



Vitamin D

Did you know?

Osteoporosis (weak and brittle bones) causes more than 8.9 million fractures globally each year resulting in a fracture every three seconds.

How can you prevent this?

Vitamin D is one of the greatest defenses against weak bones. Consuming Vitamin D-rich foods and being exposed to some sunlight are essential for maintaining a healthy level. However, obtaining sufficient amounts from natural food sources alone can be difficult because very few foods have this vitamin. Thus, the majority comes from fortified foods such as orange juice, milk and breakfast cereals in the American diet.

The Recommended Dietary Allowances for Vitamin D:

- 0-12 months 400 IU*
- 1-70 years 600 IU*
- >70 years 800 IU* **International Units*

Fatty fish (salmon, tuna, swordfish) contain the highest amounts ranging from 150-500 IU's per serving. Fortified foods such as orange juice and milk contain 115-137 IU's per serving.

Individuals commonly at risk for Vitamin D deficiency include those with inadequate sun exposure, limited amounts in their diet, or impaired intestinal absorption. Symptoms of deficiency can be vague and may include tiredness and general aches and pains. If you have a severe deficiency, you may experience pain in your bones and weakness that affects your overall mobility. You may also have frequent infections. However, not everyone gets these symptoms and some may not have any symptoms at all.

If you think you have Vitamin D deficiency, you should see your physician and have a blood test to check your levels.

Yoga is the total mind-body workout! It burns calories and combines strength and stretching moves. Remember to breathe throughout. New to yoga or need a work pick-me-up? Try the following!

Mountain Pose



Stand tall, feet together, arms stretched up to sky, palms facing inward.

Downward Dog



On all fours, curl toes under, press hips to ceiling, positioning your body in an inverted V.

Warrior



Stand with legs wide apart, right foot turned out, left foot turned in slightly. Raise arms out to side, palms down, bend right knee over ankle, and look forward over right shoulder.

Tree Pose



Arms at sides, shift weight onto left leg, place right foot inside left thigh, extend arms overhead, palms facing inward.

Mid-Day Energizer

- **Seated Backbend** - Gently arch backward, stretch arms up and back for 10 seconds.
- **Seated Twist** – Sit tall, twist to one side, hold, then twist to the other side, and hold for 10 seconds.
- **Shoulder Opener** - Push your chair away from desk within arm's reach, staying seated extend your arms straight and rest your hands on the desk, drop head, and hold for 10 seconds.
- **Forward Fold** - Stand, bend over at waist letting arms/head hang, and hold for 10 seconds.

What's in Season for June?



Green Beans



Vidalia Onions



Watermelon

- Apricots
- Artichokes
- Asparagus
- Bell peppers
- Blackberries
- Blueberries
- Broccoli Rabe
- Cantaloupe
- Celery

- Cherries
- Corn
- Cucumbers
- Eggplant
- Melons
- Nectarines
- Okra
- Peaches
- Peas

- Plums
- Pluots
- Raspberries
- Rhubarb
- Shallots
- Strawberries
- Tomatoes
- Yellow Squash
- Zucchini



One Pan Italian Sausage and Veggies

Servings: 6 when served with rice or quinoa

Ingredients

- 2 large carrots ~2 cups
- 2 red potatoes ~2 cups
- 1 small-medium zucchini ~2 and 1/3 cups
- 2 red peppers ~2 cups
- 1 head broccoli ~1 and 1/2 cups
- 16 ounces Smoked Italian Turkey or Chicken Sausage

Seasonings

- 1/2 tablespoon EACH: dried basil, dried oregano, dried parsley, garlic powder
- 1/2 teaspoon EACH: onion powder, dried thyme
- 1/8 teaspoon red pepper flakes optional
- 1/3 cup Parmesan cheese freshly grated, optional
- 4 and 1/2 tablespoons olive oil
- Optional: fresh parsley, salt and pepper



1. Preheat the oven to 400 degrees F. Line a large sheet pan with parchment paper or foil (easy clean-up) and set aside.
2. Prep the veggies: *It is important to prep the veggies according to directions to ensure they all cook at the same time*
3. Peel and very thinly slice the carrots. Wash and (if desired peel, we love the peel on) chop the red potatoes. You want the pieces quite small here. (I halve the potatoes and then cut each half into 10-12 pieces)
4. Halve the zucchini and then cut *thick* coins of zucchini. Coarsely chop the broccoli. Remove the stems and seeds from the peppers and chop into medium-sized pieces. Chop the sausage into thick coins.
5. Pour all the veggies and sausage on the sheet pan.
6. In a small bowl combine all of the seasonings and salt and pepper if desired (I use about 1/8 teaspoon pepper and 1/2 teaspoon salt) with the olive oil. Stir to combine.
7. Pour the seasoning & oil mixture on top of the veggies and sausage and thoroughly toss to coat.
8. Place in the heated oven for 15 minutes. Remove and toss around the veggies + sausage and return to the oven for another 10-20 minutes or until veggies are crisp tender.
9. Remove and top, if desired, with freshly grated Parmesan cheese and fresh parsley.
10. Serve on top of rice or quinoa if desired. (Also great plain!)