



## SEVEN WAYS TO CELEBRATE WORLD HEALTH DAY (EVERY DAY!)

BY: WELLWORKS FOR YOU

World Health Day raises awareness of global health issues such as mental health, maternal and child care, and the environment. Learn how you can practice healthy habits all throughout the year.

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### DID YOU KNOW?

The World Health Organization established the first World Health Day in 1950.

### QUICK FACT

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#### EAT FRESH

Aim for the recommended five to nine servings of fruits and vegetables per day.

#### GET INVOLVED

Could your community benefit from a community garden or reading program for underprivileged children? Take the initiative within your community and promote healthy living by giving back, boosting confidence, and leading the way!

#### BIKE OR HIKE

Biking, hiking, or simply walking to work instead of driving reduces greenhouse gases emitted from

vehicles. Plus, you can boost your cardiovascular health in the process.

#### PRACTICE MINDFULNESS

Did you know that drawing, knitting, painting, and other activities that require the use of fine motor skills keep the brain healthy? Take up a new hobby that can keep your brain fit!

#### LIMIT SODA

Sodas and other sugary drinks can add 100-plus empty calories a day! Switching to water will keep your blood sugar in check and help you stay hydrated.

#### REUSE AND RENEW

Reusing a glass water bottle is safer and more beneficial than drinking from plastic water bottles. Protect the environment and your health from BPA and other chemicals!

#### RETHINK MEAT

18% of greenhouse gas emissions come from livestock, and certain types of meat raise your risk of heart disease. So, lowering your consumption of meat means helping the environment and your health. It's a win-win!

*Source: Wellworks For You*

# FEATURED RECIPE:

## CAULIFLOWER RICE

Serves: 4

### INGREDIENTS

- ❑ 1 large head cauliflower, separated into 1-inch florets
- ❑ 3 tablespoons olive oil
- ❑ 1 medium onion, finely diced
- ❑ Kosher salt
- ❑ 2 tablespoons fresh parsley leaves, finely chopped
- ❑ Juice of ½ lemon



### DIRECTIONS

1. Trim the cauliflower florets, cutting away as much stem as possible. In 3 batches, break up the florets into a food processor and pulse until the mixture resembles couscous.
2. Heat the oil in a large skillet over medium-high heat. At the first wisp of smoke from the oil, add the onions, and stir to coat. Continue cooking, stirring frequently, until the onions are golden brown at the edges and have softened, about 8 minutes. Add the cauliflower, and stir to combine. Add 1 teaspoon salt, and continue to cook, stirring frequently, until the cauliflower has softened, 3 to 5 minutes. Remove from the heat.
3. Spoon the cauliflower into a large serving bowl, garnish with the parsley, sprinkle with the lemon juice and season to taste with salt. Serve warm.

### NUTRITION

Serving Size: ¾ cup

Per serving: 140 calories; 11 g fat (1.5 g sat); 3 g fiber; 10 g carbohydrates; 3 g protein; 4 g sugar; 530 mg sodium

Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/healthy-cauliflower-rice-3363582#/>

# HEALTH OBSERVANCE

## STRESS AWARENESS MONTH

Stress affects all areas of our overall well-being including our physical, emotional, social, and financial health. 44% of Americans report increasing stress levels and almost one-third of children experience physical symptoms related to stress. With stress all around us, it can be difficult to manage on a day-to-day basis. That's why we compiled some of the most effective ways to manage stress. Try the below tips to help ease your mind and keep stress at bay.

- **Exercise** – Even a ten-minute bout of walking around the neighborhood can produce an immediate stress-reduction effect on the mind and body.
- **Be social** – Talking about your stressors actually helps to relieve them. Call a friend who understands you and who you can trust to talk through your situation.
- **Take a break** – You will shift your mindset by focusing on a different task for a few minutes and your mind will be refreshed when you return to the stressful situation.
- **Smile** – The brain is connected to facial expressions and our emotions. Because of this, a simple smile can reduce stressful feelings.
- **Meditate** – Meditation has been shown to reduce stress and restore your body to a calm state. Find the meditation technique that works best for you:
  - Breath awareness
  - Body scan
  - Guided imagery
  - Tai Chi
  - Qigong

Sources: American Psychological Association

## MONTHLY DRAWING



Please e-mail [info@wellworksforyou.com](mailto:info@wellworksforyou.com) with your response to be placed in a drawing to possibly win a **\$25.00 Wellworks For You Visa Reward Card**. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

How will you celebrate World Health Day and take care of the environment?

