

Here's to Health



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NEW OFFERING

OLYMPIC ALL-AROUND CHALLENGE

Don't miss the opportunity for an additional 200 Vitality Points for completing the summer challenge. This is an individual challenge. If you haven't signed up through Vitality you still have time.

Challenge runs July 8 thru August 11.

Points will be awarded after August 15th.

See the next page for details.

WELLNESS INCENTIVE PAYOUTS

2024 INCENTIVES

- 1st Qtr. - 4/26/2024
- 2nd Qtr. - 7/19/2024
- 3rd Qtr. - 10/25/2024
- 4th Qtr. - 1/31/2025

Incentives paid to the HSA accounts are subject to the IRS maximums. It is your responsibility to ensure the combined amount you elect AND the amount you receive as an incentive do NOT surpass the HSA IRS limit. You may manage this by adjusting the amount of your biweekly HSA contribution. You may manage this by adjusting the amount of your biweekly HSA contribution in the benefits UKG system.



Olympic All Around Challenge

July 8 - August 11

Ready for a Challenge?

Let's welcome summer with a fun challenge!

- Complete 3 of the 5 activities during the challenge period and earn 200 Vitality bonus points!
- Activities to choose from: Mental Wellbeing Review; Vitality Health Review; Physical Activity Review; 10Workouts; Set Goal and check in 4 times.

(If you have already completed the reviews take this time to repeat the the review and assess your current health. The reviews must be completed during the challenge period to count).

Log in to the Power of Vitality and under Community, click the Challenges tab to join.

nuehealth **Vitality**

Privacy is a top priority at Vitality with a commitment to maintaining the highest level of confidentiality with all information received from members.



Whether you have tried yoga or not, you have likely heard it is good for your body, but did you also know it is good for your mind? National Yoga Awareness Month is held every year to promote the benefits of yoga and inspire a healthy lifestyle.

What are the health benefits of yoga?

Yoga will help improve your strength, balance and flexibility. Back pain is a common ailment among women after they have children, and yoga helps with that. It also eases pain from arthritis as they get older. Several recent studies have revealed that yoga is good for your heart. It also helps with high blood pressure and excess weight, and it brings relaxation for better sleep. People of all ages and abilities can benefit from practicing yoga.

What other ways does yoga help people feel better?

Yoga prepares the body for meditation that can promote brighter moods and increased energy. It releases neurotransmitters, such as dopamine, which has to do with feeling pleasure, being focused and sleeping well. Serotonin has a calming effect, which eases tension to help us feel less stressed. GABA (an inhibitory neurotransmitter) sends chemical messages to the brain and nervous system to inhibit feelings of anxiety, nervousness, racing thoughts and sleeplessness. Endorphins are also released that are responsible for the feeling of exhilaration during exercise, sometimes described as "runner's high." These are just some of the neurotransmitters that play a role in creating well-being, reduction of pain and less stress. Yoga and meditation choreograph the simultaneous release of these chemicals, and it all comes with no side effects.

How is yoga different from other physical exercises?

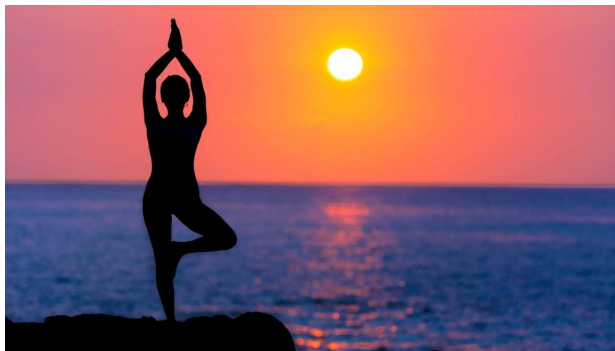
Yoga is much more than just exercise or contortion of the body. It can work to bring together the mind, body and spirit. In yoga, the body is seen as five different layers, or koshas. They are the physical, energy, mental, intellectual and bliss bodies. Using yoga to open up to all these different layers of the self can enable a person to live life to the fullest.

What are the different styles of yoga?

Hatha, the most common form of yoga means “force” in Sanskrit. It uses controlled movements and stretching with a focus on the breath to preserve and channel the vital force or energy. Ashtanga yoga is a more dynamic form of traditional Indian yoga focused on developing physical strength. Iyengar yoga emphasizes detail, precision and alignment when performing yoga postures that are usually held for a longer period of time. With Vinyasa yoga, poses are put together in a continuous rhythmic flow, unlike Hatha, where you rest between poses. Bikram is hot yoga, usually done in hot, humid conditions which results in heavy sweating. These are just a few of the many types of yoga. There is also specialized yoga that includes those tailored for people with cancer, or yoga therapy to help heal an injury or painful area.

How can someone who is new to yoga get started?

Especially since the pandemic, there are many different virtual yoga videos or classes available via Zoom or on YouTube. For those who are new to yoga, I recommend getting started by attending your first couple of classes in person. Yoga is a healing, strengthening, calming, and empowering practice that offers something for everybody regardless of their age, gender, race, size, background or fitness level.



If you’ve done your “downward dog” yoga pose today, you’re probably feeling more relaxed. Regardless of your level of yoga expertise, if you’re practicing regularly, you can feel better from head to toe.

Yoga offers physical and mental health benefits for people of all ages. And, if you’re going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.



1. Yoga improves strength, balance and flexibility.

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

Try it: **Tree Pose**

Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.

2. Yoga helps with back pain relief.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

Try it: **Cat-Cow Pose**

Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.

3. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to [a Johns Hopkins review of 11 recent studies](#).

4. Yoga benefits heart health.

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to [healthier hearts](#). Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

Try it: **Downward Dog Pose**

Get on all fours, then tuck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.

5. Yoga relaxes you, to help you sleep better.

[Research shows](#) that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

Try It: **Legs-Up-the-Wall Pose**

Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5 to 15 minutes.

6. Yoga can mean more energy and brighter moods.

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.

7. Yoga helps you manage stress.

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

Try It: **Corpse Pose (Savasana)**

Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.

8. Yoga connects you with a supportive community.

Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

9. Yoga promotes better self-care.

Scientific Research on Yoga Benefits

The U.S. military, the National Institutes of Health and other large organizations are listening to – and incorporating – scientific validation of yoga’s value in health care.

Numerous studies show yoga’s benefits in arthritis, osteopenia, balance issues, oncology, women’s health, chronic pain and other specialties.



BEGINNER YOGA POSES

by GROUNDED PANDA



YOUR HEALTHIEST SELF

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



BRIGHTEN YOUR OUTLOOK

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

TO DEVELOP A MORE POSITIVE MINDSET:

- Remember your good deeds.** Give yourself credit for the good things you do for others each day.
- Forgive yourself.** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Practice gratitude.** Create positive emotions by being thankful every day. Write down what you're grateful for.
- Spend more time with your friends.** Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits



Be Well Cooking Corner

Bruschetta Chicken



Nutrition Information

Per Serving (Serves 4)

Calories	563
Fat	28 g
Saturated fat	7 g
Trans fat	0 g
Cholesterol	222 mg
Sodium	990 mg
Carbohydrates	5 g
Fiber	2 g
Sugar	3 g
Protein	69 g
Vitamin D	0 mcg
Calcium	199 mg
Iron	2 mg
Potassium	1197 mg

Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.

Ingredients

- **4 Tbsp.** extra-virgin olive oil
- Juice of 1 lemon, divided
- Kosher salt
- Freshly ground black pepper
- **1 tsp.** Italian seasoning or dried oregano
- **4** boneless skinless antibiotic free chicken breasts, pounded to even thickness
- **3** slicing tomatoes, chopped
- **2** cloves garlic, minced
- **1 Tbsp.** freshly chopped basil
- **4** slices mozzarella
- Freshly grated Parmesan, for serving



Directions

1. **Step 1** In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper, and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes.
2. **Step 2** Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 155°-160°, about 5 to 7 minutes per side.
3. **Step 3** Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes. Top chicken with tomato mixture.
4. **Step 4** Garnish with Parmesan and serve.



Name: _____ Date: _____

Yoga



- meditation
- gratitude
- pranayama
- savasana
- Ayurveda
- Ashtanga
- balance
- healing
- samadhi
- namaste
- krishna
- ganesha
- drishti
- niyama
- mantra
- kirtan
- karuna
- dharma
- chakra
- buddha
- bhakti
- bandha
- peace
- prana
- mudra
- karma
- dosha
- Asana
- yoga
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- kula
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