

September
2015

Work & Wellbeing

From The Solutions Group

Autumn's Best Activities

Changing colors, crisp mornings, warm days, and cool evenings make fall perfect for outdoor activity. Here are some ways for the entire family to enjoy the season:

- **Walks, hikes, and bike rides:**

See the changing landscape up close. Be sure to bring a jacket, water, snacks — and sunscreen, even though temperatures are cooler.

- **Walk around the neighborhood or visit a local park:** Ask each family member to find five different types of leaves. Identify them when you get home.

- **Work parties:** Raking leaves and chopping/stacking wood are all good ways to get your heart pumping.

- **Leafy fun for kids:** See who can make the biggest pile of leaves in 30 seconds.

Visit local orchards and pick apples: Bring home the bounty and make healthy snacks like sugarless applesauce.



Physical activity is a cornerstone of good health, but that doesn't mean you have to sweat it out at the gym every day. In fact, you can achieve basic exercise goals through your daily activities.

Adults should aim for being active 30 minutes a day, five days a week. That's about 8,500 total steps every day.

September is "Get Moving" month, a great time to start new habits that incorporate more active time into your daily life. Here are some everyday activities that can

count toward your 30-minute goal, so get moving!

- gardening
- taking a family walk or walking your dog
- doing jumping jacks or sit ups during commercial breaks of your favorite TV show.
- walk around while you talk on the phone
- walking during a lunch break,
- running errands
- Cleaning house



“Walking is the best possible exercise. Habituate yourself to walk very far. “

—Thomas Jefferson

Chile-Garlic Popcorn



Ingredients

- 1 tsp. garlic salt
- 1 Tbs. garlic powder
- 1 tsp. onion powder
- 1 tsp. chili powder
- 1 tsp. chipotle chile powder
- 10 cups freshly popped popcorn (air-popped without salt or fat from 1/4 to 1/3 cup kernels)
- 2 Tbs. olive oil.

Instructions

Mix garlic salt, garlic powder, onion powder, chili powder, and chipotle powder in a bowl. Toss popcorn with oil. Sprinkle spice mixture over it; toss again to evenly coat.

Adapted from myrecipes.com

Breaking a Sweat Benefits the Brain

Did you know that physical exercise benefits your body *and* your brain? Studies show that regular exercise improves brain function and boosts mental health. Here are just a few examples:

- Endorphins, those chemicals responsible for feelings of happiness, are released during exercise.
- In some people suffering from depression, exercise has been shown to be as effective as antidepressant medications.
- Need a creativity boost? Studies show that a good workout – especially outside – can supercharge your levels of creativity for several hours post-exercise.



**The
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Work & Wellbeing is a monthly publication for clients of The Solutions Group. For more information about our Employee Assistance Program and Wellness Services, please contact us.

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