

AUGUST 2022

Healthy Living

August is National Wellness Month



Did you know that August is National Wellness Month?

This month focuses on self-care, stress management, and creating healthy routines. If you are looking for an excuse to make a change, start this month in support of National Wellness month.

Self-care is an important part of well-being for us as well as those around us. It can take 21 days for something to become a habit and 90 days for it to be a lifestyle change. Practicing self-care, managing stress, being mindful, practicing self-compassion, and focusing on proper nutrition and exercise are all things you could work towards incorporating into your daily routine. To the right are some simple self-care habits to start including into your daily routine to help improve your well-being.

Drink More Water

Staying hydrated is one of the best things you can do for your overall health. Water helps give you energy, flushes toxins from your body, improves concentration, and can even help with weight loss.

Stretch or Practice Yoga

If you are on your feet all day, or sitting at a desk most of the day, stretching daily can help improve your posture, heal back pain, as well as ease your mind.

Try Something New

Whether it be a new bike route, exploring a new restaurant, or volunteering. Doing something new can help improve your mental outlook and make you feel good overall.

Prioritize Exercise

There are so many benefits to exercising including pain management, letting stress out, boosting confidence, as well as increasing strength, and so much more.

Pay Attention

If something is making you feel overwhelmed or stressed pay attention and act. Go take a walk, try a breathing technique, talk to a friend, find something to help alleviate the overwhelming feeling, and give yourself the opportunity to slow down.

Make Healthy Food Choices

Food can impact the way you feel. Having a balanced diet and good nutrition will help nourish your body and lead to good overall health.



Brought to you by Conner Strong & Buckelew



FEATURED RECIPE

Salmon al Pastor

Ingredients

- 2 garlic cloves, peeled
- 3/4 cup small-diced fresh pineapple, divided
- 1 tsp distilled white vinegar
- 2 tsp ancho chili powder or chipotle chili powder
- 1 tsp chili powder
- 1/4 tsp ground cumin
- 1/4 tsp dried oregano
- 1/4 tsp ground cinnamon
- 2 tbsp freshly squeezed lime juice
- 2 tbsp freshly squeeze orange juice
- 1/4 cup low-sodium chicken broth
- 3/4 tsp kosher salt, divided
- 2 tbsp avocado oil
- 4 center-cut salmon fillets (6 to 8 ounces each)
- 1/4 tsp freshly ground black pepper
- 1/4 cup roughly chopped fresh cilantro leaves, optional for serving
- 1 tbsp thinly sliced serrano pepper, optional for serving
- Pickled red onions, optional for serving



Directions

1. In a food processor or blender, combine the garlic, 1/4 cup of the diced pineapple, the vinegar, ancho powder, chili powder, cumin, oregano, cinnamon, lime juice, orange juice, broth and 1/4 teaspoon of the salt. Blend the pastor sauce until smooth.
2. In a nonstick skillet, heat the avocado oil over medium-high heat. Season the salmon with the remaining 1/2 teaspoon salt and the pepper. Place the salmon in the hot skillet and cook until golden brown on one side, about 2 minutes per side. Reduce the heat to medium and pour the pastor sauce around the salmon in the skillet, along with the remaining 1/2 cup diced pineapple.
3. Continue to cook the salmon, uncovered and simmering, until just cooked through, about 4 minutes.
4. Transfer the salmon to a large serving platter and pour the sauce over the fillets. Top with the pickled red onions. If desired, garnish with cilantro and a few slices of serrano pepper if you're feeling extra spicy!