

# 2021 Monthly Wellness Articles

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Aug  
2021

# NEWS

## Plan Well, Eat Well

As summer starts to turn into fall and routines are shifting around again, your nutrition can easily take a seat on the backburner. Although it can be easy to not focus on your nutrition, there are many benefits to eating a balanced diet like heart health, better mood, improved memory, reduced risk of illness, and so much more. But how do you juggle staying healthy when schedules are changing, and you are settling into a new routine?

One way to help you get all these nutrients when life gets a little hectic can be by meal prepping. There are so many perks to meal prep – from saved time and money to reduced food waste and portion control! With a little planning you can be ready to rock with meal prep.

**Use these meal planning tips to build a balanced diet in a few steps:**

- Take inventory of what you have on hand when making your grocery list
- Stick to your grocery list and avoid impulse purchases as best you can
- Purchase generic or store brands
- Buy produce in season or opt for frozen
- Buy meats and fish in bulk packages
- Buy ingredients that you can use in multiple ways;
- Make your own frozen meals by cooking extra and freezing the leftovers
- Check your schedule for the week: Busy day on Wednesday? Plan for something quick and easy that day, or make enough food on Tuesday for Wednesday leftovers
- Have balanced snacks on hand so when the afternoon cravings hit, you're less likely to cave to them
  - Apples and cheese, Fruit and nut butter, hard-boiled egg
- Get your kids involved





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# NEWS

## Get Up and Get Moving!

This fall we are focusing on getting movement in and all aspects of it. As the days start to cool off for the fall, it's a great opportunity to get up and get moving. Spending too much time seated can negatively impact your health. Sitting for too long means that you're likely to burn fewer calories and exercise your muscles less frequently. Leading to weight gain and loss of muscle mass.

Making sure you're active can have many benefits; reduced feelings of anxiety and depression, help you sleep better, reduced risk of cardiovascular disease, type 2 diabetes and metabolic syndrome.

There are many ways to get movement throughout the day. It doesn't necessarily have to be going to the gym for 30+ minutes a day. One simple way is to add more steps into your day. Sounds like it should be simple, right? If you need a few ideas on how to do so, check out these tips – every step counts:

- Get up and take more walks
- Take a bike ride
- Add an active stretch break to your day
- Stand up more often
- Take the stairs instead of the elevator
- Try a new hobby
- Park further away in parking lots
- Get outside and check out a new park

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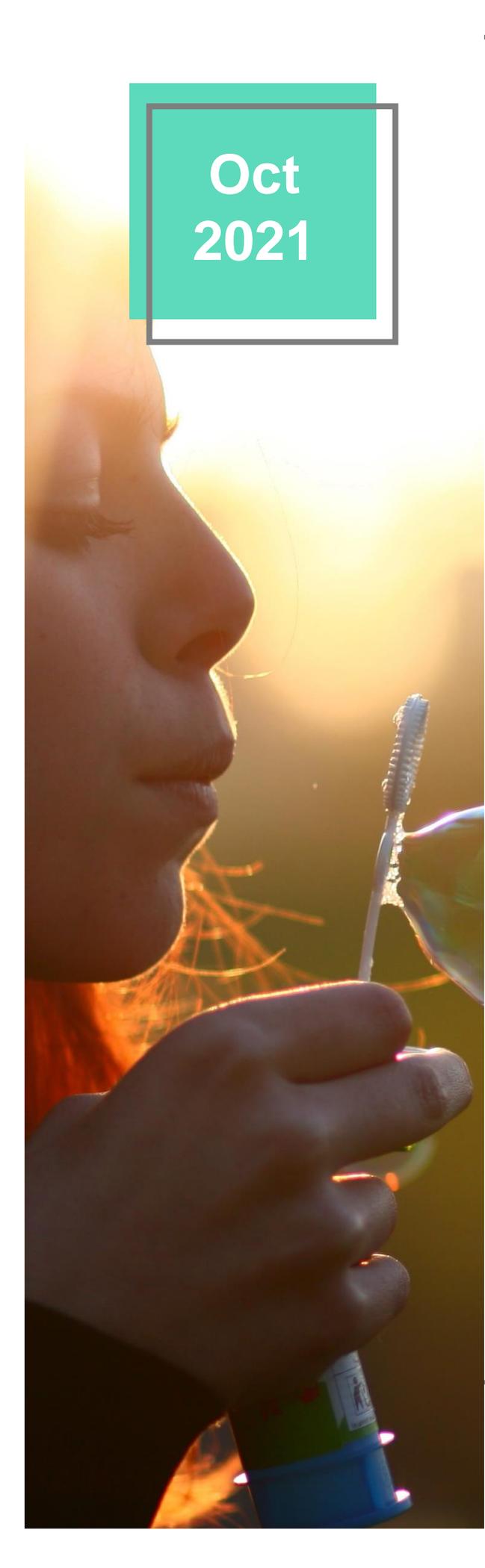
## NEWS

### Importance of Preventative Care

When it comes to your health, its important to stay on top of check-ups. While the past 18 months may have kept you away from getting your routine preventative care, it may be time to return to care – remember, as the saying goes an ounce of prevention is worth a pound of cure.

Preventative exams don't just include visits with your primary care provider, it also includes dental and vision exams, and age-appropriate screenings. Regular preventative care can help find small things before they become big things. Go ahead and schedule your annual checkup today.

If you are benefit eligible, now is the time to review your benefits and make any changes for the upcoming 2022 year. Make sure to check out [benefits.petsmart.com](https://benefits.petsmart.com) for more details.

A woman is shown in profile, blowing bubbles. The background is a warm, golden sunset with rays of light. The bubbles are in various stages of being blown, some are just starting to form, and others are larger and more defined. The woman's hand is visible, holding a bubble wand.

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# NEWS

## World Mental Health

Each year the World Health Organization recognizes one day to globally focus on mental health, this day is known as World Mental Health Day. This year World Mental Health day is October 10<sup>th</sup> and the overall objective is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

There are many ways one can support your mental health some ideas include, but are not limited to, connecting with close, trusted friends and family, practicing gratitude, journaling, and even connecting with nature. Sometimes we all need a little extra help and that's okay. PetSmart's Employee Assistance Program, Ally is on your side through all that life throws your way.

# NEWS

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## Let's Get (a) Physical

Hate getting a physical? It's understandable — seeing the doctor can be a stressful experience, especially if you're concerned that you may be unhealthy or ill. But finding problems early is exactly why it's so important. Your primary care physician (PCP) is specially trained to understand any warning signs or symptoms that could lead to greater problems down the road, long before they actually happen.

Some of the things your PCP can do for you include:

- Helping you identify and **prevent health issues**. Certain conditions, such as high blood pressure, high cholesterol and diabetes, can have few or no obvious symptoms. Your PCP has the training and access to tests to uncover your risk for developing these conditions, and the tools to help you manage conditions you might already have.
- Giving you immunizations to **prevent infectious disease**. While you receive the bulk of your immunizations as a child, there are still a few that are important to have as an adult, such as tetanus boosters (and/or Tdap) and yearly flu vaccines. Even if you're "usually" healthy, you never know when you'll be exposed to such infections, so it's better to be safe than sorry. Depending on your risk and health status, your doctor may recommend other vaccines.
- Using screening tests to help **you identify health issues** in their early stages, while they can be treated more effectively.
- Knowing how to **interpret your family history**, as well as your personal history and current lifestyle, to determine your risk factors for various conditions.
- Sharing **wellness recommendations** for lifestyle topics such as tobacco cessation, healthy eating patterns, sleeping problems, etc.

So even if you're spooked by the thought of getting a physical, it's well worth facing your fears; as the saying goes, an ounce of prevention is worth a pound of cure.

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Dec  
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# NEWS

## Getting Started with Mindfulness Meditation

Being mindful means being present in the moment as it happens, recognizing the world around you and your own inner feelings without judgment or interpretation.

Practicing mindfulness may help improve your mood, reduce stress and decrease negative thinking, all of which could help you move through your day a little more smoothly.

If you're just getting started with the concept, try taking time throughout the day to incorporate some of these mindfulness strategies:

**Observe your senses.** Think about outside stimuli that you're seeing, hearing, smelling, tasting and feeling. Observe them calmly, without analysis, then let your thoughts of them pass.

**Focus on your breathing.** Breathing deep from the diaphragm has a natural anti-anxiety effect. Try drawing in long, deep breaths, then slowly letting them out.

**Feel without judgment.** Whatever emotions come to you as you meditate, make yourself fully aware of them without interpretation, then move on from them.

**Ride through urges.** If you experience any sort of urges or cravings, think about that feeling of desire and how it will inevitably pass, then gradually let it go.

Most importantly, remember that you can take short moments to meditate toward mindfulness at any time of day, and in any place. Small doses can still add up, and the more you practice, the more mindfulness can become part of your routine.

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