



CC WELLNESS

Feb/March 2021

Staying vibrant in the COLD!

Goodness, the weather has been a little frightful in Wyoming! Cold, cold, cold. Do you find that you want to sleep more and move less? It is natural for humans to feel like hibernating, snuggling down deep in the covers or couch blankets and staying put. The problem with following such a path is the body and mind will become stagnant and imbalanced.

Challenge yourself in the next few weeks to actually get outside in the cold and MOVE! We are Wyoming people, and we are tough, don't let the low temps stop you from being alive and vibrant. Layer up and go! Let's talk about what to wear to stay safe.

Wear a base layer. Start with a base layer of tight-fitting compression material to keep moisture and sweat away from your skin. Try running tights and a long-sleeve tech shirt. Your goal here is to stay comfortable and dry. Obviously, winter weather varies depending on where you live. So, depending on your location, look for lightweight, medium-weight, and heavyweight shirts.

Then add a middle layer. It's all about insulation when it comes to your next layer. Look for something a little looser than your base layer that offers full range of motion, but still carries moisture away from your body. Spandex or fleece are great, inexpensive options. Try a sleeveless vest or pullover for customizable bundling.

Finish with the top layer. Your final layer should repel water, block wind, and hold in heat. A windproof running jacket or loose-fitting running pants (to be worn over tights) will work great. You will want to specifically look for wind-blocking fabrics that breathe, like a polyester blend, and try to avoid rubber or plastic materials that allow moisture to build. The key here is to choose a layer you can easily take on and off depending on your temperature.

Don't forget the extremities. Your hands, fingers, ears and toes need covered with warm non bulky fabric. Choose nice mittens, hats and socks.

***** Pro tip ***** dress for 20-25 degrees warmer than the current temperature. Once you start moving your body of course you will warm up, you will also cool quickly outside so plan ahead!

Let's talk about your wellness benefit....

As an employee of the great Converse County, you are eligible to receive a wellness benefit each month in the amount of \$60. **This benefit can be used towards one of the following: gym membership, massage, infrared sauna, float therapy or a visit to the spa for a facial.** What an incredible opportunity!

Why is it so important to participate in this program?

*Gym memberships- well, for the obvious reasons. Going to the gym and moving your body provides tons of health benefits in this stagnant world we live in. Attending classes or lifting weights improves your cardiovascular health, your muscle tone, and your mental state. To get the full gym membership benefit, you must attend 8 times/month or 4 times/month to receive ½ of the benefit.

*Massages- a nice time out from the hectic rush of the day. Massages move energy in the body. Massages also improve muscle tone, work with the lymphatic system, and provide relaxation for the mind. Massages are 1/168th of your week time wise, but the benefits last much longer.

*Infrared saunas- work through the layers of tissue in the body to activate and stimulate your circulatory system. In the cold months, the sauna provides relief from the taxing temperatures and can allow for the body to heal while relaxing. Saunas increase the sweat factor, thus cleansing the body from unnecessary junk.

*Float therapy- also known as sensory deprivation therapy helps the body unwind, let go and come to stillness. In the float tank the body is relieved of all pressure on the joints and bones, allowing for complete rejuvenation of the system. Heart rate lowers, blood pressure drops, and the mind can find relief from all stimulation.

*Facials- more than just lotion on the face and cucumbers over the eyes, facials @307 spa are an experience for the parasympathetic nervous system (the rest and digest). While caring for the skin you will also receive a massage and complete relaxation in a safe environment. 60 minutes of chill time without stimulation such as a screen or a conversation really increases the body and the mind's ability to process life, gaining clarity and insight.

CROCK POT TUSCAN WHITE BEAN SOUP WITH SAUSAGE

- 1/2-pound Italian Sausage
- 2 Onions chopped.
- 3 cloves Garlic minced.
- 3 stalks Celery sliced.
- 2 Carrots peeled and sliced.
- 2 tablespoons Tomato Paste
- 2 tablespoons Italian seasoning
- 1/2 cup Dry White Wine or more chicken broth
- 28 ounces Chicken Broth
- 1 (14.5 ounce) can fire roasted tomatoes I used a can of whole roasted cherry tomatoes.
- 1 (15 ounce) can Tomato Sauce.
- 1 Green Pepper diced
- 2 sprigs Fresh Rosemary optional
- 1/2 cup Roasted Red Peppers diced
- 1/2 cup Orzo Pasta uncooked
- 1 15 ounce can White Beans rinsed and drained.
- 2 cups Baby Spinach or chopped kale (optional)
- 1/2 teaspoon Salt check for seasoning first, then salt to your taste

Instructions

1. **Brown sausage and vegetables:** Brown sausage in a skillet over medium heat. Remove to your crockpot. Add the onion, garlic, celery, and carrots to the hot pan and cook until softened, about 3 minutes.
2. **Deglaze the pan:** Stir in the tomato paste and the Italian seasoning. Pour the white wine (or ½ cup chicken broth) into the pan and bring it to a boil, scraping the browned bits off the bottom of the pan. Take off the heat and transfer everything to the slow cooker, too.
3. **Cook:** Add the remaining ingredients EXCEPT for the white beans, orzo pasta and kale/spinach to the crock and stir well. Cook on LOW for 6-8 hours or on HIGH for 3-4 hours.
4. **Finish the soup:** Stir the dry orzo, white beans and spinach into the soup and cook on HIGH for about 15 minutes or until the pasta is done. Check for seasoning and add salt to taste, if necessary.