



WORK WELL UPDATE

A PEEK INSIDE:

MIND

An app that wakes up your mind and body

BODY

Squeeze in a work out even when skies are gray

FOOD

Seasonally inspired veggie rolls

RESEARCH

How a quick workout can be just as effective as a longer one

MYTHS DEBUNKED

Running is actually good for your knees

APRIL: April Showers Bring...

Rain, rain go away... It may be April, but rainy days have no business messing up our productivity. They say April showers bring May flowers, so this month we are planting seeds to grow happiness, productivity, and health.

On the Goga is a workplace wellness company guided by one, simple principle: Happy People Do Great Things.

Learn More About Mindful Wellness Programs

www.onthegoga.com

Special Thanks To

Tompkins Insurance Agencies, an On the Goga Wellness Partner



useful tech

'Yoga Wake Up'

This app is better at starting the morning than any alarm clock. Plant the seeds for a great day with a short, guided yoga or meditation sequence that includes music and light stretches. Set an intention and practice it all day long.

Cost Free + In App Purchases

office holidays

THE OFFICIAL APRIL LIST:

3rd: World Party Day

7th: Walk to Work Day

12th: Grilled Cheese Day

14th: Look Up At The Sky Day

30th: Honesty Day



wellness in

This month's 2-min wellness tip:
Create a Green House!

Research shows that having natural elements in your space purify your air and lead to a greater sense of health and happiness.

Take 2 minutes to stop by your local flower shop and pick up a small green friend on your way to or from work.

THIS MONTH'S health myth debunked

Myth: Running and jogging are bad for your knees.

Fact: Good news, runners! [Studies suggest](#) running can actually improve joint health by altering the biochemistry of the cartilage. Jonathan Chang, an orthopedic surgeon in Alhambra, California, explains that exercises like jogging stimulate the cartilage in your joints to repair minor damage, in the same way that lifting weights builds muscle through repair and regeneration.

It's important to note that running can be problematic for those that are overweight or have

suffered knee injuries. However, according to the UC Davis Center for Healthy Aging, if you have relatively knees and you're jogging moderately 5-6 times a week, you have every reason to believe your joints will remain healthy... into your 50s and 60s and even 70s.

Before hitting the pavement, try these tips to ensure you're running in a healthy way: First, make sure your shoes fit well. Proper shoes help to prevent injuries, from blisters to strained muscles. Next, start small. Starting off too intensely often results in more pain than gain. Lastly, don't forget to warm up and cool down with some light stretching.

LIGHT AND REFRESHING veggie spring rolls

INGREDIENTS:

Spring Rolls

- 1 medium beet, peeled
- 1 medium radish, peeled
- 8 rice paper wrappers
- 1 avocado
- 2 C grated carrot
- 2 C chopped cabbage
- 8 fresh basil leaves
- 8 fresh mint leaves

Peanut Sauce

- ¼ C smooth peanut butter
- 2 Tbsp soy sauce
- 2 Tbsp water
- 1½ tsp rice vinegar
- 1½ tsp pure maple syrup
- ½ tsp minced garlic

INSTRUCTIONS:

- Thinly slice beets and radishes
- Soak one wrapper at a time in hot water until softened
- Arrange 2 beet slices, 2 avocado slices and 2 radish slices
- Add ¼ C carrots, ¼ C cabbage, 1 basil leaf
- Fold the wrapper over the filling and roll like a burrito
- Repeat to make 8 Spring rolls

PREP TIME: 1 HOUR | SERVES: 8
Recipe from Eating Well [See Full Recipe](#)



the microworkout

HOW A MINI-WORKOUT CAN CHANGE YOUR LIFE

ADAPTED FROM: Why a Few Minutes of Exercise Can Show Results

Around the world, people are embracing micro workouts. A micro workout is a high-intensity workout that is about 10 minutes long. This practice means you can easily squeeze in little bursts of exercise into your day.

THE RESEARCH

Federal guidelines from 2008 state that American adults should aim for 150 minutes of moderate to intense aerobic physical activity, like brisk walking, or 75 minutes of vigorous aerobic activity, like a spin class. In an article published by the Wall Street Journal in 2016, Dr. Miriam Nelson of the Physical Activity Guidelines Committee confirms that breaking those workout sessions into several shorter workouts during the day is just as effective, as long as the activities are of equal intensity. Interested in breaking up your workouts to make them more manageable? Try these tips:

DOWNLOAD AN APP

Apps like 12 Minute Athlete make it easy and convenient to squeeze a workout into a busy schedule. In fact, the number of apps with 'minute' in the name in Apple's health and fitness category have more than doubled since 2014! No there is no shortage of options to choose from.

START YOUR DAY RIGHT

Consider beginning each day with a burst of physical activity and you might not even need your morning coffee. Starting the day with a simple, 15-minute sequence of exercises like planks and squats can set the tone for your day, boosting your mood and productivity.

ADAPT YOUR WORKOUT

If short periods of intense activity sounds overwhelming, don't fret: it is important to find what works for you and your body. Consider incorporating a midday walk or light jog before work into your routine. Even yoga at your desk, or jumping jacks during commercial breaks of your favorite show are small ways to be active without leaving you in a sweaty and distressed.

THE VERDICT IS IN:

A minute or two of physical activity at a time can make a positive impact in your life. Whether your goal is stress reduction, weight loss, or overall health, starting small and being consistent can create healthy new habits. So carve out a few minutes each day to get your heart rate up on your own terms.

Your body will thank you!



MEET THE ON THE GOGA TEAM caitlin

Chiropractor + Fitness Coach

WORK OUT WHEN SKIES ARE GRAY

Finding the motivation to work out outside when the weather is unpredictable can be a challenge. Remember: that exercise is essential for your body's health. This is what motivates me to exercise at least once a day. Here are my tips and tricks for how to workout when the weather is uncertain:

GET OUTSIDE

Arm yourself with a brightly colored raincoat or umbrella you love to wear to battle with the uncertain forecast. Focus on the first five minutes and plunge outdoors and get moving. Staying motivated for those first few minutes you will make it easier to keep moving for the rest of your workout.

SPRUCE UP YOUR SPACE

- Light up your space and choose your spotify station carefully with an upbeat mood.
- Change the lighting try a string of led lights tucked between some plants near a window.

AND DON'T FORGET

Treat yourself with a mid-day hot beverage as a reward. A steamy london fog is one of my favorites!



what's in season



FRUITS:

Limes, Rhubarb, Strawberries, Mandarin Oranges, Kumquats, Guava, Pineapple, Mango, Bananas

VEGETABLES:

Asparagus, Beans, Lettuce, Horseradish, Artichokes, Sweet onions, Arugula, Broccoli rabe, Zucchini

DIY:

MAKE COFFEE MUG PLANTERS

MUG GARDEN

Project from: [House for Six](#)

SUPPLIES:

Three large mugs, herbs or seeds, and potting

INSTRUCTIONS:

- Fill each mug with potting soil 3/4 of the way up
- Create a hole in the center of the soil to re-pot the plant, or plant the seed
- Top off the mug with soil
- Water your plant based on its care instructions
- Watch your mug garden grow!



THIS MONTH'S

your question, answered.

Have a health or wellness related question you want answered?

Email us at info@onthegoga.com
use the subject line
'MY QUESTION ANSWERED'

QUESTION: I'm overwhelmed! How can I incorporate mindfulness into my daily life? - Danny, Petaluma, CA

Thank you for your question, Danny!

Whether it's two minutes or two hours, build a routine that works for you, with patience and without judgement. Even if you're busy and can only carve out a few minutes a day, you can work to build your own daily practice.

Try starting small: Make it a habit to focus on your breath, put on relaxing music, do some light stretching, or go on a walk around your neighborhood. These little, conscious actions grow over time into larger habits of mindfulness.