



WORK WELL UPDATE

A PEEK INSIDE:

MIND

An app that makes you happier.

BODY

Fun ways to get cardio exercise in during the colder months.

FOOD

All of the nutrients you need in a single recipe.

RESEARCH

How mindfulness increases heart and body health.

MYTHS DEBUNKED

Why table salt isn't the real culprit for heart disease...

FEBRUARY: The Head and the Heart.

During this second month of the year, we often focus less on ourselves, and more on the ones we love in our life. While we're excited about spreading the love here at On the Goga, we aren't ready to forget about self love either. This month, we're exploring ways to improve our relationships with ourselves, so we can embrace the special people in our lives even more.

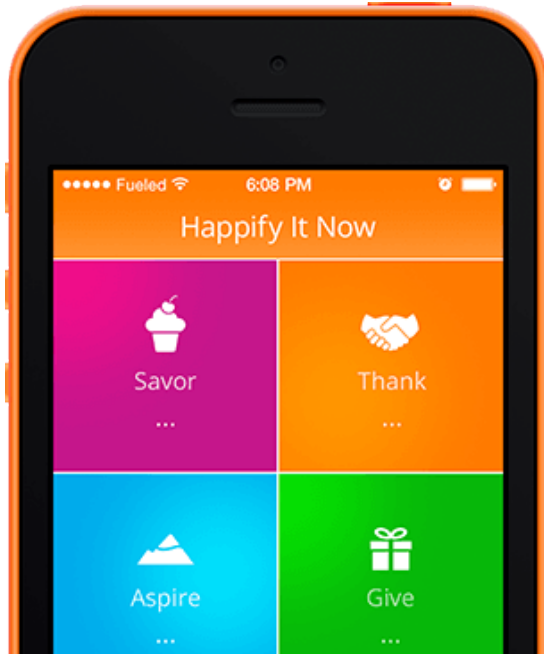
On the Goga is a workplace wellness company guided by one, simple principle: Happy People Do Great Things.

Learn More About Mindful Wellness Programs

www.onthegoga.com

Special Thanks To

Tompkins Insurance Agencies, an On the Goga Wellness Partner



useful tech

'happify' app

Get ready to overcome negative thoughts, reduce stress, and build greater resilience. Happify gives you unlimited access to 30+ audio tracks that coach you through building self confidence, fueling career success, practicing mindfulness, and more.

Cost Free + In App Purchases

office holidays

THE OFFICIAL FEBRUARY LIST:

4th: Eat Ice Cream for Breakfast Day

9th: National Pizza Day

17th: Random Act of Kindness Day

22nd: Be Humble Day

26th: Pistachio Day



wellness in 2

This month's 2-min wellness tip:
Plan a Solo Date Night.

Treat yourself the way you'd like to be treated. Taking some time to be alone and celebrate yourself can improve your mood, sense of purpose, and even your external relationships.

Take two minutes to clear a night on your calendar this month to hang out with yourself.

THIS MONTH'S

health myth debunked

MYTH: You shouldn't add salt to your foods.

FACT: We often blame table salt as culprit for high blood pressure and heart disease. However, table salt isn't alone as the primary of strokes and heart disease (the [number 1 cause of death for adults in the United States](#)). Studies have shown that, only 5% of daily salt intake is added at the table. Most of the salt consumed by Americans is found in processed foods and restaurant meals, which contribute to over 77% of the average American's salt intake.

But fear not! Here are a few easy ways to manage your sodium intake without giving up meals out or easy cooking:

Give the food delivery person a break, and give cooking a try. A great way to get in the habit of cooking is to plan out one or two meals to make each week.

A tool to make cooking easier is to meal prep. Meal prepping makes cooking less time consuming because the slicing and dicing is already done, leaving only the fun parts of cooking (assembling, and eating your dish) remaining.

Finally, incorporating fresh ingredients into your meals is another great way to avoid excess sodium in your diet.

ONE BOWL, ALL THE NUTRIENTS YOU NEED

delish buddha bowls

INGREDIENTS:

- 1 large sweet potato, ½ inch cubes
- 1 Large red onion
- 4 tbsp. Olive oil
- 2 cups baby spinach
- 1 lb. Chicken Breast
- ½ tsp. ground ginger
- ½ tsp. garlic powder
- 1 small garlic clove, minced
- 1 tbsp. soy sauce
- 2 tbsp. peanut butter
- 1 tbsp. honey
- ¼ cups lime juice
- 1 tbsp sesame oil
- 1 avocado
- 4 cups cooked brown rice

OPTIONAL

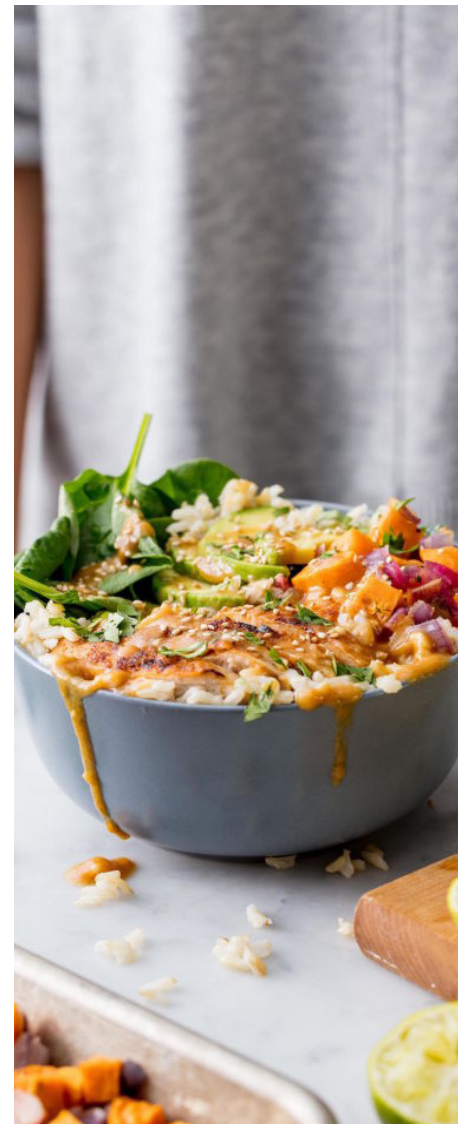
- Sesame Seeds
- Cilantro

INSTRUCTIONS:

- Preheat oven to 425 degrees.
- Coat sweet potatoes and red onions with olive oil, salt and pepper and bake for 20-25 minutes.
- Heat 1 Tbsp of olive oil in a large skillet. Season chicken with salt, pepper, garlic powder and ground ginger. Cook for 6-8 minutes, then cut each breast into 1" pieces.
- Whisk together garlic, soy sauce, peanut butter, honey, lime juice, sesame oil, and olive oil until smooth.
- Divide rice between bowls. Top with sweet potatoes, red onions, chicken, avocado and baby spinach. Sprinkle with cilantro and sesame seeds and drizzle dressing on top.

COOK TIME: 40 Min | **SERVINGS:** 3-4

Recipe From Delish: [See Full Recipe](#)



your head effects your heart

HOW A POSITIVE OUTLOOK IMPACTS HEART HEALTH

Based On: [Positive Emotions and your Health, NIH 2015](#)

The concept of ‘Mind-Body Connection’ is not new. For many of us, it has become common knowledge. This is due in part thanks to the vast amount of research to back it up. While much of the research on this mind-body interaction focuses on how a state of good physical health can make us happier, calmer, and more productive, research also suggests us that a state of good mental health has a positive impacts on the body as well.

THE RESEARCH

Dr. Barbara L. Frederickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill, studies mental resilience: the ability to bounce back quickly from negative situations and feelings. Her studies have shown that individuals with high levels of mental resilience have increased cardiovascular health and reduced risk of death from heart disease. These benefits are accompanied by others, including increased life span, lower rates of depression, and even greater resistance of the common cold.

But why this? Fredrickson explains that focusing negative emotions triggers a state of anxiety during which the part of our brain called the amygdala releases “stress chemicals” like cortisol and adrenaline. These hormones put strain on our heart and other major organs.

The good news is that you

can train your mind to find a balance of your positive and negative emotions. “Sometimes people think that emotions just happen, kind of like the weather,” Fredrickson says “but research suggests that we can have some control over which emotions we experience.”

Want to learn how to use your thoughts to improve your physical health? Try these simple practices you can practice from anywhere.

GRATITUDE

Once a day, think of a person, place, or thing that brings you joy. Keep this in your head, or write it down.

SELF AFFIRMATION

Take a moment to think about something you like about yourself. Maybe that’s validating and congratulating yourself for working hard. Maybe that’s simply acknowledging yourself for making time for yoga.

MEDITATION

Meditation can take many forms, but here’s an easy way to start: when you notice a negative feeling, take two minutes to write about what you’re experiencing. What do you feel in your body? What are the thoughts you’re having?

Give these brain tricks a try your body will thank you.



MEET THE TEAM

karli

ON THE GOGA DESIGNER + TEACHER

FINDING THE LOVE IN VALENTINE’S DAY.

February is a special month for me. It’s Valentine’s Day month (and I absolutely love the idea of love), we get President’s day weekend (who doesn’t love a long weekend?), and just three days after Valentines Day I get to celebrate my birthday.

But February always comes more quickly than planned, and more often than not, I’m single. With my birthday right around the corner, I’m left to figure out: how do I manage to still “feel the love” without a partner?

I’ve found a solution that works for me: simplifying my approach to Valentines Day by simply making the day about love. I spend the day acknowledging all the love in my life, like the love from my friends and family who support me daily.

Most importantly, I this day to fall in love with myself. Try treating yourself to flowers and chocolate this Valentines Day, taking comfort in knowing that they’ll be your favorite flowers, and the exact chocolates that you like.

If you are part of a couple, you can take this practice and enjoy the love you have for yourself as well as your partner, making Valentines Day double the fun.

This year on the 14th of February, be kind to yourself, appreciate, and share all of the love and joy in your life. And remember: love comes from within.

cardio for cold-weather



GO DANCING

Dance classes and events are a great place to start.

TRY INDOOR ROCK CLIMBING

Channel your inner monkey and try a class.

CANDLE LIGHT YOGA CLASS

Candlelight keeps the energy mellow, while your body receives the calming effects of a yoga practice.

GO SKIING OR SNOWBOARDING

Most mountains have ski schools, so don't be afraid.

how to: GET TO KNOW YOUR COWORKERS BETTER

find your work people.

HAPPY HOUR

Widely known as the time after work to unwind. Invite your co-workers out for drinks and food after work.



CARPOOL

Carpooling isn't just good for the environment. Get to know your co-workers that live close by and have some company on your commute.



OFFICE SPORTS TEAMS

Joining (or starting) an office sports team is a great way to get people together and focus on having fun, rather than winning every game.



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: "Do Juice Cleanses Really Work?" - Charlotte L., Philadelphia, PA

Thanks for writing Charlotte! While there's a lot of conflicting information out there on this topic, here's what we know:

You don't need them - Your liver, kidneys and gastrointestinal (GI) tract work full-time to naturally remove toxins from your body, so you don't need special juices to do this for you.

It's another 'quick fix' - According to Joy Dubost, spokeswoman for the Academy of Nutrition and Dietetics, "Cleansing may produce short-term results, but it definitely doesn't produce long-term benefits."

If you're looking to cleanse your body, you're better off drinking more water, eating more high-fiber fruits and vegetables, and cutting out processed foods.