



## WORK WELL UPDATE

### A PEEK INSIDE:

#### MIND

An app that keeps up with your busy schedule

#### BODY

Prioritize self-care especially on those long days

#### FOOD

A meal that will brighten your plate

#### RESEARCH

Why sunshine is good for you

#### MYTHS DEBUNKED

Don't fret over finding the 100 SPF bottle

# JUNE:

# Hey, Sunshine!

**Summer is finally here** and we're beaming about it. This month we're exploring how to harness the sun's rays to stay happy and healthy. We've assembled some simple and practical sunshine tips and tricks to make your daily routine bright and safe. So take ten minutes to shake off your day, and dive into this month's wellness update...

**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](http://www.onthegoga.com)



# healthy tech

## Yogaglo app

Experience yoga in the comfort of your own home, on your own time, with celebrated yoga teachers around the world.

This app provides you with the power to personalize your practice.

*Cost: \$18 per month (compared to \$100-150 for your average studio)*

## office holidays the official June list

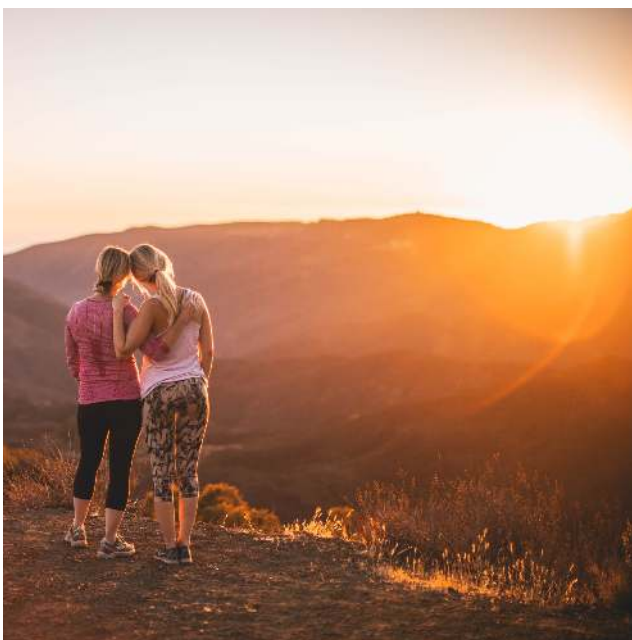
2nd: Donut Day

8th: Best Friends Day

**17h: Eat Your Veggies Day**

18th: International Picnic Day

26th: Chocolate Pudding Day



## wellness in 2

### Watch the Sunset

As the days are getting longer and longer, watching the sunset after work is becoming a possibility. This simple activity doesn't need to be saved solely for vacations.

Take two minutes this month to let your worries sink with the sun. Maybe its while on a walk, sitting in your favorite chair. The two most important steps are: set your intention on the sky + (if you can) get outside!



THIS MONTH'S  
**health  
myth  
debunked**

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**MYTH:  
THE HIGHER SPF NUMBER  
ON SUNSCREEN, THE  
BETTER.**

We'll start with a disclaimer... sunscreen is very important and should be used whenever you're out in the sun. However, the myth we're debunking is whether or not you need to anguish if you can't find the SPF 100 bottle. The answer? Nope.

The American Academy of Dermatology recommends sunscreen with an SPF of at least 30 (this will block 97% of the sun's UVB rays). As long as you're hitting this mark, the key to preventing burns isn't as much about the number on the bottle as it is the number of times you re-apply. Sunscreen wears, especially if you're sweating or in the water. Doctors recommend re-applying sunscreen every two hours, even when it's cloudy.

Here are a few other ways to stay smart in the sun as we change seasons and UV levels increase. First thing, toss the sunscreen that's been in your hall closet for 3 summers. Sunscreen does have an expiration date! Second, when it comes to purchasing a new sunscreen, don't get too caught up in the jargon like "sweat-proof" and "water-proof," since after 45 minutes you'll still have to re-apply. Finally, it doesn't hurt to invest in a good hat or umbrella. Happy beaching!

Source: Skin Cancer Foundation



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## VIBRANT AND NUTRITIOUS RAINBOW COLORFUL PIZZA

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### Ingredients

- 1 small cauliflower
- 1/4 cup of shredded parmesan cheese
- 1 egg, 1/4 tsp salt, 1/2 tsp garlic
- 1/2 tsp oregano, 1/2 broccoli
- 1/2 red onion, 1/2 tomatoes

### Instructions:

- preheat oven to 500 degrees
- remove stems from cauliflower, chop finely
- microwave cauliflower 4-5 mins & let cool
- bake crust 10-15 mins.
- remove from oven & top with sauce & veggies
- place pizza back in oven for another 12-15 mins

4 Servings | 197 Calories Per Serving  
Prep Time: 15 Min | Cooking Time: 25 Min

*Recipe from: Gimme Delicious: See Full recipe here*





## INSTRUCTOR SPOTLIGHT

### Tina Roach

#### How to Deal with Long Days



Chances are you probably work more than 40 hours a week. Whether you're commuting to your office, staying late to fit in extra work, or its the culture of your company believe me, I totally get it! As a former tax accountant I've had my fair share of long days. I have found that while you can't always change the amount of work that needs to get done, simply adding a few extra minutes in the morning for yourself can alter your entire day.

Sometimes our days don't allow us to workout, or get enough sleep, and although I will say these are very effective ways of boosting energy, they are not the only option. By incorporating a few habits of self-care in the morning you can allow yourself to feel more in control of your day. Owning this power of our minds and our happiness is something we can all do to jump-start the day.

Here's my favorite tip: before you go to bed, dampen a washcloth (add a drop of lavender or eucalyptus oil which you can buy from the grocery store) and place it in your fridge. When you wake up, place this cold cloth over your eyes. Lay down and close your eyes for 1 or 2 minutes. This not only helps to wake you up, but the cold will reduce puffy or sleepy-eye feeling.

# sunshine is good for you

## WHY VITAMIN D IS ESSENTIAL FOR WELLBEING

*Source: Heart MD Institute*

In many ways, our culture has shifted from sun obsessed to sun deprived. Leaving us suffering from conditions such as seasonal depression and Vitamin D deficiency. While it's true that too much sun is associated with skin cancer and premature aging, there are many benefits to soaking up the sunshine.

### THE RESEARCH

Research shows that Vitamin D, a vitamin produced by our bodies during sun exposure, is essential to keeping the immune System happy and healthy. It has been shown to help protect us against some forms of cancer (including colon, breast, and prostate), cardiovascular diseases and even autoimmune disorders. Sunshine is also linked to healthier blood pressure levels. According to a study conducted by U.K. researchers in the Journal of Investigative Dermatology, sunlight has a dilating effect on arteries, making it easier for blood to flow through, and thus lowering blood pressure. In a country where heart disease is the #1 cause of death, some doctors believe this benefit may even outweigh the risk of skin cancer associated with sun exposure.

But how much sun do we need exactly? There are actually a slew of factors that determine how much sunlight an individual needs to produce optimal levels of Vitamin D. Adults over 70 only produce 1/4 of the amount of

Vitamin D as a 20-year old in a given time period. Those with darker skin color will also absorb less Vitamin D than those with lighter skin color due to the melanin pigment in their skin. However, a darker skin tone also prevents against long-term sun damage. Finally, time of day, season, and latitude all affect the angle at which the sun's rays enter the ozone layer, limiting or increasing the amount of direct sunshine we are exposed to. So how do we get all these amazing benefits of Vitamin D?

### SOAK UP THE SUN

To satisfy your Vitamin D needs, it is best to soak up 10-20 minutes of the sun's midday rays (between 10am and 3pm). Waiting to apply sunscreen for this 10-20 minute period maximizes vitamin D3 synthesis. Any exposure longer than that should be protected with sunscreen and protective clothing.

### SUN ALTERNATIVES

While it may be summer time, many of us spend long hours inside at work or at home. If you're looking for some alternative ways to soak up Vitamin D, try switching up your food and lighting. The best foods for Vitamin D are fatty fish like salmon or mackerel. A Vitamin D supplement may also be a good option if you don't like fish. Full spectrum lamps provide light equivalent to natural sunlight spectrum and also help your body to produce Vitamin D.



# WHAT'S IN SEASON?

## FRUITS:

Apricots, figs, cherries, nectarines, watermelon, lychee, loganberry.

## VEGETABLES:

Garlic, yellow squash, tomatillos, snap peas, herbs, lima beans, edamame.



## DIY: MAKE YOUR OWN BUG SPRAY

# DON'T BUG ME

Project from: Home Bug Spray

## SUPPLIES:

One Glass Spray bottle, Fresh Mint, Lavender Cloves, Distilled Water, and Witch Hazel

## INSTRUCTIONS:

- Boil water and add fresh herbs, cover and cool
- Strain herbs and squeeze excess water from herbs
- Mix infused water with Witch Hazel
- Store spray bottle in fridge



THIS MONTHS

## Your Question, Answered.

Have a health or wellness related question you want answered?

Email us at [info@onthegoga.com](mailto:info@onthegoga.com)  
use the subject line  
MY QUESTION ANSWERED

**"Is the ocean good for healing wounds?"**

- Pete Kinsella, Ewing, NJ

Thanks for the great question Pete! Contrary to popular belief the ocean's salt water is not the holy grail for wound healing. In fact, coastal water contains a lot besides salt, including dozens of kinds of bacteria.

Exposing the wound to such bacteria can actually harm the wound, slow down the healing process and even increase risk for infection. So if you do have a wound, the ocean may not be the best vacation destination until it is healed.

Source: Advanced Tissue

