



WORK WELL UPDATE

A PEEK INSIDE:

MIND

An app to help you get where you want to go

BODY

Get outside and lighten the load

FOOD

A healthy helping of sweetness

RESEARCH

By helping others, you help yourself

MYTHS DEBUNKED

Do longer workouts equal better results?

December: *Little Helpers*

Santa knows better than anyone that many hands make light work. That's why this month, we're focusing on ways you can help yourself, help others, and help the world around you. Turns out, giving back doesn't just feel good, it improves our well-being. So we've gathered our thoughts on how to lend a helping hand or two this holiday season.

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



healthy tech

Waze app

Since this month is all about little helpers, we found it fitting to provide a little extra guidance for the directionally challenged folks out there.

Getting from A to B shouldn't be stressful, especially when you already have a lot on your plate. Waze makes commuting easier by providing the fastest traffic routes. The coolest part? All of the information is crowd sourced in real time. Think millions of little helpers working together to get you where you need to go.

Cost: Free + In App Purchases

office holidays

the official December list

2nd: Special Education Day

4th: **Cookie Day**

12h: Cocoa Day

14th: Yoga Day

28th: Chocolate Day



wellness in 2

enjoy the festive lights

The holidays are buzzing with endless to-do lists. Sometimes we get so zeroed in that we forget to enjoy the magic of what's around us. But a Stanford University study actually shows that taking a short break from whatever we're working on and doing something we like, such as going for a walk can increase creativity and productivity.

This month, take a few mindful moments to go for a stroll and simply enjoy the festive lights and colorful decorations. Indulge in the holiday cheer and give your brain a break!

Stanford Edu



THIS MONTH'S

health myth debunked

MYTH:
The longer you exercise, the
more your fitness improves

If you're one of those people who has trouble finding an extra hour a day to dedicate to exercise, you may be in luck! Studies have shown that short bursts of high-intensity interval training can be more effective than hour-long workouts. More good news, there are endless ways to fit these fast workouts into your busy schedule.

Try this fast workout:

Four minutes of high-energy cardio...Like jumping jacks!

Three minutes of upper and lower body resistance training...Think resistance bands!

Two minutes of core strengthening...Try a good old fashioned plank!

And finally, one minute of stretching to cool down.

Source: Well and Good



A SWEET TREAT honey roasted pears

Ingredients

- 2 pears, halved and cored
- ¼ cup honey
- 1 cup vanilla frozen yogurt

Instructions:

- Line a rimmed baking sheet with parchment
- Place pears cut sides up and roast for 15 mins
- Brush tops with honey, and roast until soft
- Cool on baking sheet; serve warm with frozen yogurt.
- Add nuts and cinnamon, if desired

4 Servings | 120 Calories Per Serving
Prep Time: 5 Min | Baking Time: 25 Min

Source: My Recipes





TEAM SPOTLIGHT

“ Diana Marlin

Nutrition Coach, LDN, RD

With this festive time of year comes many delicious traditions. As a dietitian who helps people to have a joyful relationship with food all year long, I want to share 5 helpful tips to approach the season in a healthy, happy way:

1. There are going to be yummy treats throughout the holidays, and that's a good thing! Holiday treats are a joy of life. Instead of fearing these foods, remember that all foods can fit in a healthy lifestyle.
2. Mindfully enjoy the treats you love, and pass on the ones you don't! If you love your sister-in-law's butter cookies but aren't a big fan of store-bought snickerdoodles, then opt for the treats that are meaningful to you.
3. Explore ways to incorporate activities into the festivities: family board games, karaoke, or bundling up for a hike!
4. Listen to your body's hunger and fullness cues. If you're still hungry, have seconds! If you're feeling full, it's okay to stop, even if you haven't finished everything on your plate.
5. Instead of waiting for New Year's Day to start making healthy choices, weave nourishing foods throughout the holiday season to help you to feel great all season long.

by helping others, you help yourself

Source: Psychology Today

INTRODUCTION

Think back to the last time you did something for someone else. Do you remember feeling good afterwards? Research shows that giving back actually has a positive impacts on our brains.

THE RESEARCH

In fact, a recent study from Columbia University revealed that helping others helps us as well, including a decrease stress. fMRI scans even show direct links between generosity and overall happiness! So, whether you're volunteering for a cause you're passionate about, or donating to a cause you believe in, altruistic behavior has positive effects on the brain and the world around us.

GIVING DOESN'T HAVE TO MEAN SPENDING

Even if you can just give an hour of your time, you're still doing something to help someone else. A little goes a long way.

SHARING REALLY IS CARING

Helping others is an excellent way to build trust and show that we care about them.

GIVE AND FEEL GREAT

Enjoy the positive side effects that come with doing good in the world.

This month, extend a helping hand and pay close attention to how you feel afterward. Use this as mindful motivation to keep on giving.



3 Homemade Gifts to Give This Holiday

SUGAR SCRUB

All you need for silky smooth skin is some coconut oil, sugar, and a few drops of your (or their) favorite essential oil!

STOVETOP POTPOURRI

For a stovetop potpourri kit, place an orange, a handful of fresh cranberries, a few cinnamon sticks, and a tablespoon of nutmeg into a jar. Just add water!

MASON JAR COOKIES

Layer the ingredients for your favorite cookie recipe into a tall mason jar and print out the baking directions for family friendly gift.



HOW TO: *Spread Holiday Cheer*

A little kindness goes a long way during the holiday season! Here are 5 simple steps to get a head start on spreading holiday cheer:

STEP 1 - Write a letter to someone you love

STEP 2 - Call an old friend (bonus points for Skype)

STEP 3 - Buy coffee for the person behind you

STEP 4 - Smile at the cashier

STEP 5 - Shovel your neighbor's driveway

BE NICE

Source: Becoming Minimalist



THIS MONTHS

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: "Can you eat ice cream during a cold?"
- *David Barrett, Philadelphia, PA*

Thanks for the great question, David! The jury's still out on this one! While generally we're believers that ice cream has magic powers that can cure almost everything, reaching for a scoop of the sweet stuff when you have a cold might not be the cure you're looking for. Instead, maybe reach for a comfort food that's easier on your throat, like a popsicle!

Source: Greatist

