May: Warm-Ups

If you can’t think of a better month to warm-up to, type in May. This is the first month where weather comes to us as a good sign of warmth, which we need after the long winter. So we’ve gathered some ways to warm-up to stay at your best. Take this month as a warm-up for the summer time and jump in...

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
AllTrails app

Have you ever wondered how your nature-loving friends always seem to find the coolest outdoor spots? AllTrails is an app that connects users with the most popular outdoor spots in your area. Whether you’re traveling or just looking for somewhere around you to be in nature, AllTrails will help you get outside as the weather warms up.

Type in your location and let RootsRated take care of the rest. There are picture previews of every trail, river, or mountain. The 100 mile radius allows you to find the perfect location and activity for you and whomever you are with. So please, take a hike!

Cost: Free + In App Purchases

office holidays

THE OFFICIAL MAY LIST

1st: May Day
4th: Star Wars Day
12th: Mother’s Day
16: Love a Tree Day
17th: Bike To Work Day

wellness in 2

Desk work-out

Do you ever get so invested in a workout that you forget about your mental and physical well-being? We all do. The good thing is that research shows even a few simple exercises at our desks can really make a difference in how we work.

Take 2-minutes to strengthen your core this month with this desk workout:

- The Desk Chair Swivel
- Sit up tall in your chair
- Place your hands firmly on the desk
- Hover with your feet off the ground
- Gently turn side to side

Remember: these exercises don’t need to be complicated. Try jogging in position we will see you at the finish line!

Source: WebMD
Warming up is a vital part of how we function in a day. We are usually pressed against time and want to jump into the activity. But, warming up before you exercise or activity can have psychological and physiological benefits. The real question is what exactly is going on in the body and mind when we slowly prepare for an engaging activity, rather than just jumping right into it?

Typically, the body requires movement. Warming up prepares your heart, lungs, and muscles. The best type of stretching for these muscles is called dynamic stretching. Dynamic stretching is a movement based stretch. This is more useful than static stretching, which is a stand-still movement.

Warming-up increases blood flow to muscles, which allows for an elevated amount of oxygen to be delivered throughout the body. This allows your body and mind to recognize a rise in workload.

Overall, by gradually preparing your body and mind for activity ahead, this will put you far ahead of the game itself. This idea of warming up will connect your body and mind together to crush whatever lies in front of you.

Source: Very Well Fit

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**SOMETHIN’ CHEESY**

**Cauliflower Mac & Cheese**

**INGREDIENTS:**
- 1 head of cauliflower, florets
- 3 Tbsp butter
- Salt & pepper
- 1 cup cheddar cheese (shredded)
- ¼ cup heavy cream
- ¼ unsweetened milk or dairy substitute

**INSTRUCTIONS:**
- Preheat the oven to 450 degrees Fahrenheit.
- Melt 2 tbsp of butter in microwave and toss in bowl with cauliflower florets, salt and pepper.
- Arrange the cauliflower on baking sheet. Roast for about 10-15 minutes, until crisp tender.
- Heat the cheese, cream, milk, and remaining butter in saucepan until smooth, stirring frequently.
- Toss cheese mixture with cauliflower and enjoy warm!

4 Servings | 294 Calories Per Serving
Prep Time: 5 Min | Cooking Time: 20 Min
Source: Wholesum Yum
TEAM SPOTLIGHT

Eugenie George
Financial Health Coach

Creating a Positive Money Mindset

Let’s be real, money can be a tricky topic for people. It’s common to get overwhelmed with budgeting, taxes, or paying off student loans. When we get caught up in the stress of it all, it can be a real challenge to remember that money is also a tool to help us live and invest in ourselves. Money creates access, builds communities, and helps us buy bagels (mmm). It’s even okay to admit that we have both Dr. Jekyll and Mr. Hyde moments with our money. The question is, how can we create more of those positive moments that help us see money as a tool, rather than a barrier?

1) Have a Money Date. Seriously. Take some time out of your week to think and learn about money in a fun and personal way. Take a stroll in the park, listen to a money podcast, grab (or bring) a cup of coffee, and THEN sit down to have a financial planning session. The positive headspace will help you think clearly, and get inspired about how to invest in your life.

2) Celebrate your money “wins.” Did you pay off a bill? A student loan? The big things and the little things matter when it comes to creating positive financial habits. It’s easy to ignore the little wins, but the more we acknowledge ourselves for how we are succeeding, the stronger our confidence becomes when it comes to handling our finances.

3) Create a story, not just a financial plan. Our money really is a tool for living the life we want. When you’re creating a financial plan or budget, try starting with a creative brainstorm: how do you envision your happiest life? Are there concerts you’d like to attend? Hobbies you’d like to learn? Maybe you want to learn how to cook (which is a money saver). Integrate these ideas into your budget as a way to create meaning and motivation around your choices.

INTRODUCTION

As the day starts to wind down, everyone hits a wall. It called 2pm. This is the time our body and mind start to fatigue and all you can think about is a soft pillow and blanket. Turns out one solution to this is a bit counter intuitive: Setting aside some time for short exercises in our workday can give us the energy we need to jump over or run right through the 2pm wall.

THE RESEARCH

Jack Groppel, a sports scientist from the Florida State University and co-founder of Human Performance Institute says, moving around in the workplace is super crucial in receiving more hyperoxygenation in the brain. Basically, moving pumps your brain full of the oxygen it needs to think and move. Even a brief period of hyperoxygenation helps the body rejuvenate and increases attentiveness. So how can we make the office a friendly place to move around?

VALUE THE ‘MICRO BURSTS’

Even small bursts of movement can really give the brain and body a pick up or small energy bursts during the day. If it seems so small it almost seems like it’s not worth doing, it’s probably the perfect thing to do.

MAKE SMALL SUBSTITUTIONS

You don’t need to start a desk gym routine to get moving. Stand up. Take the stairs. Get up and talk to your colleagues in person rather than sending an email. Remember: it’s not Olympic training, the most important part is consistency. 1 2 3 Break!

Source: Forbes
3 Ways to Get Ready for Summer

STAY HYDRATED:
It’s never too early to get a head start on drinking fluids. As the summer months increase in temperature, our body requires more water to stay cool. Drinking water is a good warm-up for your body for the summer.

FIND A ROUTINE:
Setting up a solid routine comes with a little bit of planning ahead. The kids aren’t in school and work schedules in the summer months can be a little wonky. Planning a daily routine that prioritizes self-care will help things move more smoothly.

RELAX AND ENJOY:
Between work, summer parties, and getting to the beach with family it’s easy for a fun-packed summer to lead to stress and exhaustion. Make sure to allow some time to do... nothing! Schedule in time to relax and give some time to yourself.

HOW TO:
SUBSCRIBE TO YOUR LOCAL CSA

CSAs (Community Supported Agriculture) connects consumers to fresh produce from local farmers in their area. There are many ways to get involved in your local CSA from the comfort of your own home. Here are some steps to get started...

1. Google local CSAs in your area
2. Pick the CSA with the right price point and convenient pickups
3. Select the option for auto-renew to get the biggest savings
4. Build your CSA box - you get to pick what’s inside!
5. Select your delivery site (or ask your office become one!)
6. Enjoy fresh produce, meat, and dairy all summer long!

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

“Are there any tips or tricks to practicing mindfulness at work? ”

Jackie Walder, Freehold, NJ.

Thanks for the great question Jackie! It is always tough to be ‘all there’ physically and mentally at a full day of work. Mindfulness is the state of being aware and alert. In fact, anyone can commit to it, it’s just a matter of instruction and practice. Here are some ideas to help you practice mindfulness at work. Try to connect with your senses. What do you see, smell, taste, feel, hear? Notice the sensation of your breath. Take a moment to pause and rejuvenate before shifting tasks. Remember, there are many ways to practice, so be open about different ways that work for you!