JULY

Summer Lovin'!

Summer lovin’ might be a cinematic trope (any Grease fans out there?), but its origins carry a lot of truth. Thanks to the weather, we spend more time outdoors, playing, eating, and socializing. So it makes sense that we want to invite a “summer fling” into our lives during these months. Whether new or old, platonic or romantic, with yourself or with another, we’re embracing love during the sweet July month.

The days might be sweltering, “But, uh oh, those summer nights...”

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
office holidays

the official july list

1st: International Joke Day
4th: Independence Day
7th: World Chocolate Day
13th: National French Fry Day
30th: International Day of Friendship

wellness in 2

meditation for self-compassion

We readily feel compassion for others, but tend to be frugal when dishing it out to ourselves. When applied liberally, even in a 2 minute dose, self-compassion has the power to boost wellbeing, productivity and authenticity.

This month, watch this 2 minute explanation of self-compassion from the co-founder of Headspace, Andy Puddicombe. The idea is to direct loving and supportive thoughts toward yourself, as you might wish for a friend or loved one. If this seems a bit odd at first, don’t worry. It gets easier, and in the meantime, check out the research on all the benefits of self-compassion using the link below.

Source: SelfCompassion.org

healthy tech

jenzy

Calling all parents with active tikes: Get ready to fall in love. Jenzy is an app that makes it easy for you to buy perfectly fitting shoes for young kids (ages 0-6) online. How does it work? Snap one photo of your child’s foot, pick your favorite shoe, and Jenzy will send you the perfect size.

Make your life easier, and support a women owned tech startup out of Philly! They’ll even give you 15% off when you use the code: Onthegoga52809*

*On the Goga does not receive any commission off of this sale, we just love sharing awesome products made by awesome people!

App cost: free | Average shoe cost: $40-60

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Source: SelfCompassion.org
this month’s health myth debunked

Myth: More sweat means better exercise

Do you measure your exercise based on its ability to leave you dripping? Think again. Your body’s system for sweat secretion is more complex than meets the eye.

A number of factors are at play when it comes to sweat production, including gender, age, fitness level, genetics, temperature, and humidity. For example, you might need a complete change of clothes after doing nothing but sitting outside on a hot summer day, but barely break a sweat on an outdoor run in January.

In the same way that you can’t assume high-sweat workouts to be objectively more intense, you shouldn’t write off low-sweat workouts. In general, aim for 20 to 60 minutes in your target heart rate zone to reap the cardiovascular benefits of a high intensity workout.

All in all, perspiration is personal and highly subject to both internal physiology and external conditions. Don’t sweat it!

Source: Greatist.com

summertime sweetness
Sweet Potato Salad

INGREDIENTS:
- 3 large sweet potatoes, peeled and cut into ¼ in. cubes
- 4 tablespoons olive oil
- ½ tsp salt
- ¼ tsp ground pepper
- 2 Tbsp apple cider vinegar
- 1 Tbsp whole grain mustard
- ½ tsp sugar
- 2 c. roughly chopped arugula

INSTRUCTIONS:
- Preheat oven to 425°F
- Toss sweet potatoes with 2 Tbsp olive oil, ½ tsp salt, and pepper
- Divide sweet potatoes among 2 rimmed baking sheets, roast 20-25 minutes, then let cool to room temperature
- Whisk vinegar, mustard, sugar, remaining 2 Tbsp olive oil & ¼ tsp salt
- Add dressing to roasted sweet potatoes and toss with arugula
- Enjoy!

12 Servings | 144 Calories Per Serving
Prep Time: 20 Min | Cooking Time: 25 Min

Source: Eatingwell.com
SMALL BUSINESS SPOTLIGHT

Carolyn & Eve
Co-Founders, Jenzy

The transition from crawling to walking can be wobbly and uncertain, literally and figuratively. These are important steps we’re talking about—first steps—and they demand extra care and attention to ensure long term health. We asked our friends over at Jenzy to share some tips for how to take your most confident first steps in any phase of life:

1. Maintain Flexibility
   When we’re talking about shoes, flexibility is important to allow the foot to move and grow without restriction. Likewise, a flexible foundation is essential when taking the first steps on any path. Don’t let a clunky pair of shoes, or rigid expectations, weigh you down or keep you from getting back up.

2. Leave Room to Grow
   When buying shoes for our favorite tots, we are looking for a shoe that is easy to put on, has a little space to grow, and that your child is comfortable in. Approaching any new journey with a growth mindset means you’ll embrace improvements, and ensure that you’ve got comfortable footing even when the path gets rocky. Stay nimble—and avoid blisters—by creating some wiggle room.

3. Stay True To Yourself
   The right shoe will not change your child’s natural walk. It should not make it difficult for them to stand or walk. In other words, if you constantly find yourself shape-shifting to conform to the expectations of others, think again. The people who matter in life don’t ask us to change who we are.

Who knew we could learn so much from children’s shoe shopping? The key takeaways: prioritize flexibility, give yourself room to grow, and be unabashedly you.

PS:1: We truly don’t get paid for our small business features. We just genuinely love these companies and believe in the work they do. If you’re looking to put these lessons into practice for your little one, the Jenzy app removes all the guesswork. Just snap a picture of your child’s foot, and the Jenzy team will get to work.

give yourself a break: the power of self-compassion

Source: Harvard Business Review

INTRODUCTION

The health benefits of self compassion have been widely demonstrated through modern research. From better aging to increased athletic performance, we understand that it’s potent stuff. For psychologists Serena Chen, Juliana Breines, and Jia Wei Zhang, self compassion has the potential to enhance our own professional growth.

THE RESEARCH

Through their research studies at UC Berkeley and Stanford, the group of researchers found that people with high levels of self compassion 1) display kindness towards their own failures & mistakes, 2) recognize that messing up represents a shared human experience, and 3) allow negative feelings to surface without letting the effects become all consuming. Their work, built off of an already established field of self compassion research, nods to the theories of growth mindset from Dr. Carol Dweck, and self compassion from Dr. Kristen Neff. Here’s what they discovered self compassion can do for us:

CULTIVATE YOUR PURPOSE

Researchers saw an unmistakable correlation between self compassion and authenticity (being true to one’s self). People who report being more self compassionate also report increased feelings of day to day authenticity. Living authentically clarifies our values and helps us choose careers that match our personality.

TURBOCHARGE LEADERSHIP

Incorporating self compassion in the workplace has both individual and community benefits. Specifically, when leaders respond to obstacles and disappointments with self compassion, both their own professional development and that of their subordinates reaps the benefits.

SELF COMPASSION CHECK LIST

Psychologists offer this 3 point checklist for fostering self compassion: 1) Am I being kind and understanding to myself? 2) Do I acknowledge shortcomings and failure as experiences shared by everyone? 3) Am I keeping my negative feelings in perspective? Consider gifting yourself some alone time to answer these questions. Don’t beat yourself up if this doesn’t come easily. Self compassion itself is a skill. As Chen aptly concludes, “With a little practice, you can do better.”

GROW AT WORK

Self compassion ignites a fire in individuals to seek self improvement, because it fosters a state of continuous development, otherwise known as a “growth mindset.” By celebrating the areas where we already excel, we can “appraise” the areas where we need improvement. Chen’s, Breines’ and Zhang’s studies found that self compassion triggered people to “be better” by creating a genuine motivation to improve in their jobs. Those who engage in self compassion cultivate a growth mindset and, by extension, they enhance their careers.

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**Summer of Self-Care Gift Ideas**

**Hammock**
Snuggle up with your sweetie (or a good book) in a cozy hammock.

**Sunscreen**
This particular brand doesn't even smell like your average sunblock.

**Pool Floatie**
Nothing says "I love myself" quite like an avocado-inner-tube.

**Beach Glasses**
These unbreakable beach glasses, for a Sunday sip of... seltzer?

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**How to: fall back in love with your life**

1. Take the long way home, literally. If you have the time, change up your normal commute to add a sense of discovery to the route.

2. Move. Physical movement - yoga, walking, hiking, running, biking, etc. - will reinvigorate your mind and body.

3. Surround yourself with the right people. Foster relationships with those who build you up and walk away from those who don't.

4. Be present. Heighten your appreciation of "the here" through taking in what's coming through your five senses.

5. Serve others. Share some of that wonderful compassion you've been cultivating in yourself with others.

(Source: TinyBuddha.com)

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**THIS MONTH’S YOUR QUESTION, ANSWERED.**

Have a health- or wellness-related question you want answered?

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

“Is there a way to remain healthy while still attending all the BBQs this month?” Kelly Patrick, New Hope, Pennsylvania.

Thanks for the great question, Kelly! The answer is a definite “yes.”

For starters, consider Summer BBQs and potlucks a fun and necessary dose of human connection. And if it’s the food content that feels like a menace to your health, rest assured knowing that a few more chips than average will not derail your health goals! In fact, doing so with your next door neighbor might be the healthiest thing you could be doing during the Summer months.

In general, an approach of mindfulness (not fear) will help you decide what feels good to put into your body. You can ask yourself, “What of these options sounds good to eat? What would make me feel best right now?” And as always, the best way to ensure you’ve got food that you want to eat is to bring a healthy dish to share!