



# Well NEWS

A Monthly Insight into Health and Wellness



## Having trouble fitting in a workout?!?!? Try these tricks to help get you there more often.

1. **Set a Schedule.** Put it on your calendar like you would for a work meeting or other important event. You are then less likely to skip it.
2. **Make it Social.** Find a workout buddy to help you enjoy your gym time. Better yet, skip your typical dinner and drinks with friends and enjoy a workout together.
3. **Just Move More.** On the days that you don't have time to exercise, focus on just moving more throughout the day.
4. **Script your Workouts.** When you show up at the gym unprepared, you end up wasting time trying to figure out what you should do. And you often don't work as hard as you would if you went in with a plan.
5. **Keep a Gym Bag Handy.** Always have it packed and ready to go for either your scheduled workout or an impromptu session.

## Fruits & Veggies - More Matters Month Top 10 reasons to Eat More

10. **Color & Texture.** Fruits and veggies add color, texture and appeal to your plate.
9. **Convenience.** Fruits and veggies are nutritious in any form - fresh, frozen, canned, and dried, so they're ready when you are!
8. **Fiber.** Fruits and veggies provide fiber that helps fill you up and keep your digestive system in check.
7. **Low in calories.** Fruits and veggies are naturally low in calories.
6. **May reduce disease risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.
5. **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety.** Fruits and veggies are available in an almost infinite variety...there's always something new to try!
3. **Quick, Natural Snack.** Fruits and veggies are nature's treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel, and some grow right in your own backyard!
1. **Fruits and Veggies are Nutritious and delicious!!**



## Featured Anti-Inflammatory Food

# Cauliflower

Cauliflower is part of the cruciferous vegetable group along with broccoli, kale, and cabbage. The vitamin K found in cauliflower works in the body to fight against inflammation!

Eat more cauliflower by trying out one of these great recipes!

### Riced Cauliflower

#### Ingredients

1 large head of cauliflower

#### Directions

Cut the cauliflower in half and take off the leaves. Chop the cauliflower and place it in the food processor until it is small and rice-like. Stop here for the cauliflower needed for the next recipe.

Roast the riced cauliflower by preheating the oven to 450 degrees Fahrenheit and mixing with 2 tablespoons of olive oil. Spread the mixture on a large baking sheet and place in the oven for 5 minutes. Stir the cauliflower and smooth it out again. Put back into the oven for another 5 minutes and serve warm.

### Beef and Cauliflower Skillet

#### Ingredients

1 lb. ground beef  
1 head of cauliflower, riced  
16 oz jar gluten free pasta sauce  
1-2 tbsp capers or sliced olives for garnish

#### Directions

Heat a large pan over medium-high heat. Cook the beef until brown, draining any fat. Stir in the cauliflower and the pasta sauce. Simmer until the cauliflower is tender, approximately 5 minutes. When finished, top with the olives or capers.



Special Feature  
from our newest  
partner:  
**Feed your  
Vitality**

### How to select cauliflower at the store

Choose cauliflower that has tight florets and firm stalks. The cauliflower should be very pale with no dark spots. Soft spots are an indicator that the vegetable is about to spoil.



Check us out at:  
[www.feedyourvitality.com](http://www.feedyourvitality.com)

## Newsletter Quiz

1. What strategy will you try to get your workout in more often?
2. Soft spots on cauliflower mean what?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by September 30, 2015

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“Feed Your Vitality is my opportunity to it pay forward. It is the opportunity to support people who are facing weight loss or health issues in their journey toward feeling better and experiencing the vitality they are meant to enjoy.”

- Ashley Nanney, Owner

# Feed Your Vitality

## About Us

We know how difficult it can be to cook meals that support a healthy lifestyle at home – that’s why we’re committed to doing it for you. Feed Your Vitality is a company that is



dedicated to shopping, preparing, cooking, and serving our customers vibrant, whole foods made with fresh ingredients. Once a week we deliver meals that are designed to be freezable and are easy to reheat

while reducing and eliminating additives and preservatives, processed foods, GMOs, and soy. Our meals contain no gluten or grains, corn, dairy, refined sugars, high fructose corn syrup, or legumes. While all of our foods follow Paleo and Anti-Inflammatory guidelines, we also have menus that follow doctor recommended diets including allergen free, SHAPE ReClamed and hCG. These meals

can be delivered to your home or office from downtown St. Louis to O’Fallon, Missouri. Aside from delivering delicious meals to your door, Feed Your Vitality also offers a variety of hands-on Paleo/Anti-Inflammatory classes



to provide you with the tips and tricks necessary to enjoy life while living a healthy lifestyle. Feel free to visit Feed Your Vitality’s website or give us a call to find out more information about all of the services offered.

## 10% off

New customers will receive 10% off of their first order by mentioning the promo code **WellWorks10** at the time of purchase.

## Feed Your Vitality Contact Information

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