



# Wellness

## June 2022

### ENJOY THE GREAT OUTDOORS

June is Great Outdoors Month®! This celebration of “responsible, healthy outdoor recreation on local, state, and federal lands and waters” began as a week-long event and has since grown to include the whole month.

Spending time outdoors is beneficial for both our mental and physical wellbeing. Studies have shown that being in nature can help with reducing stress and cortisol levels, decreasing depression, as well as providing opportunities to be more active! Fort Wayne and the surrounding areas have some GREAT outdoor spaces available to the public.

Fort Wayne Parks & Recreation has a “Fun Times” booklet, which lists all the opportunities available for the summer. They also have a map of open trails (and trails in progress) around Fort Wayne. Both are linked below.

[Fun Times](#)

[Trails](#)

June 11<sup>th</sup> is National Get Outdoors Day® - lets utilize these amazing resources we have and spend some time outdoors!

<https://recreationroundtable.org/events/great-outdoors-month/>  
<https://www.fortwayneparks.org/>  
<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

### RUNNING 101

Starting a running program doesn't have to be daunting! Here are some steps to get into (or back into) running:

- Before we start any new form of exercise, it's always beneficial to check in with your doctor and make sure you're physically ready to begin something new!
- Make sure your clothes and shoes are right for running. Light-colored, moisture-wicking, light-weight clothes are best for the summer.
- Develop a stretching routine – reach out to your wellness coach for help!
- Start with a walk-run. Begin alternating 1 minute of running with 2 minutes of walking for 20-30 minutes total. Increase your running by 30 seconds each week until you get to 10 straight minutes of running – from there, move up 2-3 minutes each week until you achieve your desired time/distance.
- REST! Plan for a day or two off between higher intensity or longer distance runs.

<https://health.clevelandclinic.org/when-and-how-to-start-a-running-program/>

## SURPRISE MAC & CHEESE

1. Boil 8oz uncooked whole-grain macaroni noodles according to directions. Drain and reserve 2c. pasta water.
2. In pot over medium heat, cook 1 Tbsp. butter with 1 Tbsp. whole-wheat flour for 1-2 minutes.
3. Whisk in 1c. pasta water.
4. Add 10oz (2c.) bag of cubed frozen butternut squash and cook/mash until smooth. Add additional pasta water as needed for smooth, cheese-like consistency.
5. Add 2 oz (1/2c. packed) cheddar cheese and stir until melted.
6. Fold in cooked noodles until combined. Season to taste with salt and pepper.

<https://www.eatright.org/food/planning-and-prep/recipes/healthy-mac-and-cheese-recipe>

