



Northern Arizona Healthcare
Children's Health Center

Inspire Newsletter

Spring 2024

Happy Spring from NAH Inspire! Enjoy the warmer weather, and get excited, because summer is just around the corner!

APRIL IS NATIONAL STRESS AWARENESS MONTH

Feeling overwhelmed? Try this quick meditation to ground yourself:

- Close your eyes and relax. Slowly inhale from your belly, then into your ribs, then your chest.
- Lift the crown of your head and gently hold your breath for a beat.
- Exhale from your chest, ribs, and then belly, and pause for a beat.
- Continue for 10 cycles.

HEALTHY ONE-POT PASTA



Ingredients

- 2 tbsp olive oil
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 12 oz box whole grain pasta
- 1 large head broccoli, chopped into small florets
- 1 package sliced mushrooms
- 1 can diced tomatoes
- 1 1/2 cups jarred pasta sauce
- 3 cups low sodium chicken or veggie stock
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp dried oregano
- 1/2 tsp red pepper flake
- 1 bag fresh spinach
- parmesan cheese for topping

Instructions

1. In a large sauce pan or dutch oven, heat olive oil over medium high heat.
2. Add in onion and sauté until translucent. Add in garlic for one minute until fragrant.
3. Add in the rest of the ingredients except spinach and stir until combined.
4. Cover with a lid and bring to a boil.
5. Once boiling, lower heat to medium-low and cook for 15-20 minutes, stirring occasionally, until most of the liquid is absorbed.
6. Turn off heat and add in bag of spinach. Stir and cover with lid. Let sit for 5 minutes, then top with grated parmesan cheese.

For appointments or questions, please contact Meghan in the Inspire office:

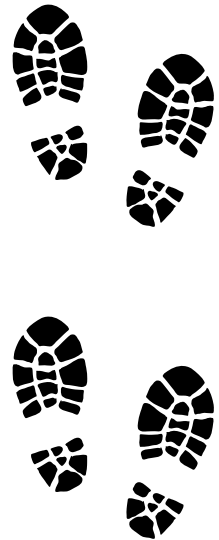
Phone: 928-214-3537
5130 N. Highway 89
Flagstaff, AZ 86004

LAURA SAYS: TAKE A HIKE!

Spring means the start of longer days of sunshine and warmer weather! Time to get outside and moving! Your body has been craving to get out and explore. Grab a family member or a friend and take a hike! We live in such a beautiful state, there is always something fun to explore. Hiking usually involves walking on uneven terrain which means you'll be activating a variety of muscles to stabilize your body. Bonus!

Make sure to bring comfortable shoes, lots of water, a hat, sunscreen and healthy snacks to keep your body fueled! No time to hike? Go for a brisk walk. Walking is such a great way to get your body moving, feel more energized and brighten your mood. Set a schedule each week. When will you walk and for how long? Then stick to it, track it and see how good you feel! I can't wait to hear about it at our next appointment!

Coach Laura



2024 MACHINE SOLUTIONS RUN AND WALK FOR KIDS REGISTRATION NOW OPEN



Join us Saturday, Aug. 3:

- Proceeds benefit the Children's Health Center
- Participate at Fort Tuthill in Flagstaff or virtually
- Inspire participants and their families can sign up for FREE! Scan the QR code and enter code "Inspire" at check-out.



The NAH Inspire team is here for you! Do you have new goals? Tell us about them at your next appointment so we can set you up for success.

New appointments can be made by calling 928-214-3537. See you soon!