



# TOCC Times

## Healthy Eating Week

### "Stay Home, Stay Safe"

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.

### What you'll find:

Covid 19 - Reminders **P.1**

Mon, Tues, Wed **P.2**

Thurs **P.3**

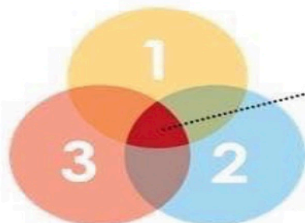
Fri **P.4**

## Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

## WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

**If you are unwell, stay home unless to seek urgent medical care.**

## Motivation Monday

This Ted Talk is very important as it talks about the way we eat. Creating memories with food to start changing our lifestyles.

## TRY IT TUESDAY

Try this great chicken chilli recipe for a healthier option to your chilli dishes.

## WELLNESS WEDNESDAY

Watch this video on meal prep. Eating healthy can always be tough but if you take some time to meal prep, eating right can be a lot easier.

# MOTIVATION MONDAY

## Listen to this TED Talk

Healthy Eating isn't just about the food!  
Food isn't just about what fuels your body but it also fuels your mind.  
Proper nutrition can help overall health mentally and physically.  
[https://www.ted.com/talks/jared\\_graybeal\\_healthy\\_eating\\_isn\\_t\\_just\\_about\\_the\\_food/up-next](https://www.ted.com/talks/jared_graybeal_healthy_eating_isn_t_just_about_the_food/up-next)

# TRY IT TUESDAY

## Take an Anxiety Test

Healthy White Chicken Chilli is a 30 min meal with chicken breast, white beans, corn, cumin and yogurt. This healthy comfort food is easy to make on the stove, crockpot or Instant Pot.

### How to Make White Chicken Chili in Slow Cooker

The only difference between stovetop and crockpot white chicken chili is that you have to saute onion, garlic and spices in the skillet and then transfer to a slow cooker.

1. Saute onion, garlic and spices in the skillet.
2. Transfer to a large slow cooker.
3. Mash 1 cup of beans and add to slow cooker with other whole beans, broth, chicken and corn.
4. Cover and cook on Low for 6 hours or on High for 3 hours.
5. Shred chicken and return it to the crockpot along with cilantro, lime juice and yogurt.

# WELLNESS WEDNESDAY

## Watch this video on Meal Prep

This is a great video on how to meal prep for a couple hours on a Sunday and never get bored with your meals

<https://www.youtube.com/watch?v=vmdITEguAnE>

# THERAPUTIC THURSDAY

## Tomorrow is World Food Day

### Grow, Nourish, Sustain. Together.

The COVID-19 global health crisis has been a time to reflect on things we truly cherish and our most basic needs. These uncertain times have made many of us rekindle our appreciation for a thing that some take for granted and many go without: food.

Food is the essence of life and the bedrock of our cultures and communities. **Preserving access to safe and nutritious food is and will continue to be an essential part of the response to the COVID-19 pandemic**, particularly for poor and vulnerable communities, who are hit hardest by the pandemic and resulting economic shocks.

In a moment like this, **it is more important than ever to recognise the need to support our food heroes** - farmers and workers throughout the food system - who are making sure that food makes its way from farm to fork even amid disruptions as unprecedented as the current COVID-19 crisis.

For more information regarding World Food Day visit <http://www.fao.org/world-food-day/themes/en/> and find out how you can help build back better for a sustainable food future.



## THERAPUTIC THURSDAY

Tomorrow is World Food Day. Food is such a big part of our lives, and actually makes up most of our days. Whether it be cooking, eating, or preping. Visit the website to find out more about World Food Day



## Fitness Friday

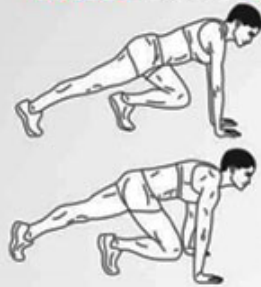
Do this bodyweight workout. Make sure that you are eating properly to fuel your workout.

FITNESS FRIDAY

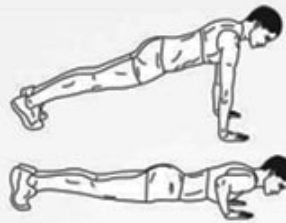
# FURY

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

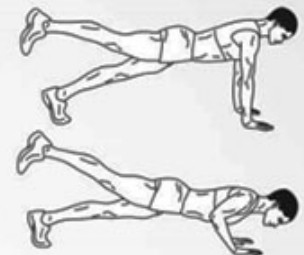
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 climbers



10 push-ups



2 raised leg push-ups



20 punches



20 squats



10 popup tripods



10 raised leg bridges



10 roll-ups



10 crunch kicks

GREAT JOB ON YOUR  
WELLNESS WEEK!