

Conference Wellness Guide

Take care of yourself
...while taking care of business.



Rise and shine

Start your day with lemon water.

Squeeze half a lemon into a glass of water and drink in these benefits: better digestion, fewer calories than OJ or a latte, antioxidant properties, and a boost of vitamin C and potassium.

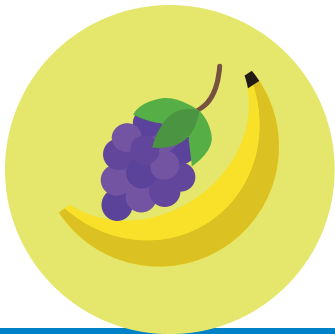
Fuel your energy, mood and cognitive function with these five best breakfast foods:

- Greek yogurt
- Fruit salad
- Veggie omelet
- Whole-grain English muffin with peanut butter
- Quinoa cereal with cinnamon



If you've had a "late night":

- Down a sports drink to replace electrolytes and combat dehydration.
- Nibble on easy-to-digest foods – banana, rice, applesauce and toast – to settle your stomach. Consuming ginger (in tea or a cookie, for example) may help reduce nausea.
- Eat fruits like mangoes, pears, grapes or watermelon. The natural sugars may help clear alcohol from your system faster.



Stay energized

Relieve tension with chair yoga.

- **Fan pose.** Sit on the edge of your seat. Reach both arms back, straighten them and lean forward, with your chest pressing your shoulders back gently.
- **Rib circles.** Circle your ribs around as if scraping the inside of a barrel with your rib cage. Repeat 4 to 8 times in each direction.
- **Side bends.** Turn left palm up. Reach up and over with left arm while your right hand rests on the seat. Bend gently. Repeat on the other side.

Exercise creatively.

Integrate simple moves into your daily routine. Stand on one foot while brushing your teeth. Strike a yoga pose or hold a squat position while doing your hair. Do jumping jacks, sit-ups and pushups for 15 minutes in your room.

**Rest your mind with yoga,
stretching or meditation
videos online.**

Take five minutes to decrease your stress. Research shows that the area of your brain responsible for forming new memories grows when you do some type of mindfulness activity.



Download our **Stress Free Now** app!

Eat healthy

When dining out, make smart choices:

- **Italian:** Start off meals with a salad. Skip cheese, bacon and creamy dressings. Order whole-grain pasta. Trade sausage and meatballs for broccoli and mushrooms.
- **Mexican:** Choose fajitas or other grilled items – especially with lean protein, such as chicken or fish. Resist the chips and salsa or limit yourself by putting a small serving on your plate.
- **Asian:** Choose a meal with lean proteins and vegetables. Ask to have your meal cooked in broth or stock, not oil or a high-fat sauce. Choose brown or steamed rice instead of fried rice.
- **Steakhouses:** Stick to a 6-ounce portion. Opt for sweet potatoes, rice or cooked vegetables instead of a loaded baked potato.
- **Pizzerias:** Order thin crusts – whole wheat, if possible. Trade pepperoni and sausage toppings for vegetables. Try requesting half the cheese.

Sleep soundly

Work out for lights out.

Research shows that exercise during the day leads to better slumber at night.

Ditch the iPad (before bed).

TVs, smartphones, tablets and other electronics stimulate your brain rather than helping it shut down for the night.

Skip the bedtime beer.

Alcohol interferes with your body's sleep cycle and hinders REM sleep.



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