



GILA RIVER WELLNESS

## OCTOBER WELLBEING PACKET

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Connect with wellness at ext 7332,  
wellness@gila.casino or on  
TEAMWORKS by scanning the QR code.





OCTOBER 2023

# WELLNESS EVENT CALENDAR

- FITNESS TRAINING**
- LUNCH & LEARN**
- MEDICAL EVENT**
- FINANCIAL ENRICHMENT**

- GOLF FOR WELLNESS**
- WEEKLY WELLNESS CHALLENGE**  
New wellness challenges every week. All challenges start on Sundays and end Saturdays. Complete each weekly challenge once a day for 7 days straight.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
WELLNESS CHALLENGE <b>HEALTHY HEART</b> OCTOBER- 8K STEPS/DAY OCT.5 to OCT. 30					<b>MOM CANCER SCREENING</b> 6:00AM – 3:00PM Wild Horse Pass	
08	09	10	11	12	13	14
					<b>HIKING WITH WELLNESS</b> 7:00AM – 9:00AM South Mountain	
15	16	17	18	19	20	21
		<b>AERIAL YOGA WITH WELLNESS</b> 3:00PM – 4:00PM	<b>WOMENS HEALTH</b> 12:00PM – 1:00PM Lone Butte <b>PRIORITIZE YOUR SAVINGS GOALS</b> Webinar 12:00PM – 1:00PM		<b>GROUP FITNESS TRAINING</b> 9:30AM – 10:30AM	
22	23	24	25	26	27	28
		<b>AERIAL YOGA WITH WELLNESS</b> 3:00PM – 4:00PM	<b>BUILDING HEALTHY FAMILIES</b> Webinar 7:00AM – 11:00AM	<b>GOLFING FOR WELLNESS</b> 2:00PM – 3:00PM	<b>GROUP FITNESS TRAINING</b> 9:30AM – 10:30AM	
29	30	31				
	<b>BOWLING WITH WELLNESS</b> Bowlero 12:00PM – 3:00PM					

Mobile-on-site Mammography Unit

# MAMMOGRAPHY SCREENING

**FRIDAY | OCT 6**

Wild Horse Pass Parking Lot

**6:00AM - 5:00PM**



Scan QR Code!

**Book  
Appointment  
Today!**

or Call 480-967-3767



## **3D Mammography Screenings 15 Minutes Could Save Your Life**

You may also call to schedule your appointment, 480-967-3767 or 800-285-0272. Please call between 8am and 5pm, MST. If you are experiencing a new lump, breast pain or nipple discharge, do not use our on line scheduling system. Please call to schedule.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Fitness Event

# HIKING WITH WELLNESS

**FRIDAY | OCT 13**

Telegraph Pass Trailhead  
South Moutain

**7:00AM - 9:00AM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**SIGN UP TODAY!**

Come join us for a team hike located at Telegraph Pass Trailhead - South Moutain. The trail is paved/dirt, about 2 miles long, and elevation is 500 ft.

**14251 S Desert Foothills Pkwy. Phoenix, Az 85048**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

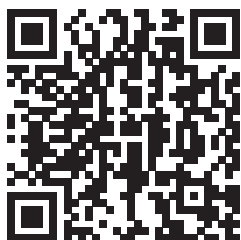
Fitness Event

# AERIAL YOGA WITH WELLNESS

**SIGN UP FOR A  
CLASS TODAY**

Tough Lotus - Aerial Yoga Studio

**3:00PM - 4:00PM**



Scan QR Code!  
**Event  
Registration  
Required**  
Limited Space Available



**SIGN UP TODAY!**

Get ready to flip and fly while strengthening and conditioning your body. This class will focus on strength and control to leaving you feeling better than ever.

**OCT 17 | OCT 24**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Lunch & Learn

# WOMEN'S HEALTH

**WEDNESDAY | OCT 25**

LONE BUTTE

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

Limited Space Available



**SIGN UP TODAY**

Explore important women's health issues and learn ways to focus on prevention, understand symptoms, and improve your life and well-being.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

Gallagher Webinar

# PRIORITIZE YOUR SAVINGS GOALS

**WEDNESDAY | OCT 18**

Online Webinar

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

All Are Welcomed!



**SIGN UP TODAY**

You're invited to our 2023 Getting Better with Gallagher Financial Wellbeing Live Virtual Events. Join Gallagher Retirement Plan Consultants each month to learn more about how you can take small steps to achieve better financial wellbeing.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)

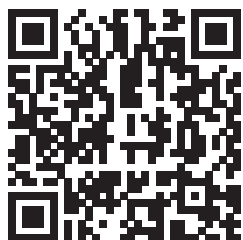
Fitness Event

# GROUP FITNESS TRAINING

**SIGN UP FOR A CLASS TODAY**

WHP Corporate Center  
Human Resources

**9:30AM - 10:30AM**



Scan QR Code!  
**Event Registration Required**  
Limited Space Available



**SIGN UP TODAY!**

Join us for functional fitness training, where each session, teaches functional movements used in daily activities. With this program, you can look forward to building strength and improving your range of motion at any skill level.

**OCT 20 | OCT 27**

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



Blue Cross Blue Shield of Arizona

# BUILDING HEALTHY FAMILIES

**WEDNESDAY | OCT 25**

Online Webinar

**12:00PM - 1:00PM**



Scan QR Code!

**Event  
Registration  
Required**

All Are Welcomed!



**SIGN UP TODAY**

Let us teach you and your family the importance of healthy habits, and explore wonderful ideas to have fun with your loved ones. This session will cover healthy eating, creative ways to exercise, stress management, and proper sleep. We will promote the importance of social connection and family bonding time, while also touching upon simple ways to have those difficult conversations.

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



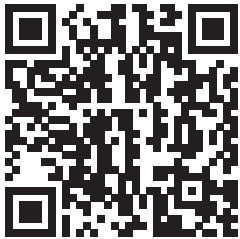
Golf Clinic

# GOLFING FOR WELLNESS

**THURSDAY | OCT 26**

Whirlwind Golf Course

**2:00PM - 3:00PM**



Scan QR Code!  
**Event  
Registration  
Required**  
Limited to 12



**Whirlwind**<sup>®</sup>  
GOLF CLUB

**SIGN UP TODAY**

Join us as we team up with Whirlwind golf professionals in an engaging instructional session that will introduce you to the game of golf or upskill your current abilities

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



# BOWLING WITH WELLNESS

**SOCIAL WELLNESS EVENT**  
OCTOBER 30 | 12PM - 3PM

**BOWLERO**

6225 W Chandler Blvd, Chandler, AZ 85226



Scan QR Code!  
**Event  
Registration  
Required**  
Limited Space Available

Fitness Challenge

# HEALTHY HEART CHALLENGE

**OCT 1 to OCT 31**

At Home Fitness Challenge

**GET 8K STEPS PER DAY**



Scan QR Code!

**Create Your  
Walker Tracker  
Account Today!**

All Are Welcomed!



**SIGN UP TODAY**

Learn daily habits that help make your ticker happy and healthy! Keeping up with your daily steps will help you improve cardiovascular health and manage a healthy body and mind!

For Upcoming Events Visit: [www.teamworks.gilariver.casino/wellness/events](http://www.teamworks.gilariver.casino/wellness/events)



# Exercise More to Cut Your Cancer Risk

Few words in the English language generate as much fear and anxiety as “cancer.” It is a disease we all desperately want to avoid.

The good news is that there are proven ways to reduce your risk of cancer. Exercise is one of the best.

## Lowers the risk of at least 13 cancers

Research shows that regular exercise of a “moderate to vigorous intensity” lowers the risk of at least 13 different cancers, including breast, colon, lung, endometrial, liver, stomach, kidney, esophageal, and bladder. It also reduces the risk of myeloid leukemia, as well as cancers of the head and neck.

It is believed that exercise lowers the risk of cancer by controlling weight, reducing sex hormones, decreasing inflammation, and boosting the immune system. Physical activity can also improve quality of life and help to improve outcomes during cancer treatment.

## You don’t have to run marathons

The more exercise you do, the better in terms of cancer prevention, but you don’t have to work out like you’re training for a marathon. In general, aim for at least 150 minutes of moderate exercise—or 75 minutes of vigorous exercise—each week.

This could be as simple as taking a 30-minute walk five days a week. Adding in some strength training is beneficial, too. Don’t take an all-or-nothing approach. What’s most important is that you’re physically active on a consistent basis.

## Do all you can to prevent cancer

Exercise is just one way to lower your cancer risk. Nutrition is also important, as are regular cancer screenings.

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*It is believed that exercise lowers the risk of cancer by controlling weight, reducing sex hormones, decreasing inflammation, and boosting the immune system.*

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## Get Screened for Cancer

Another important step for cancer prevention is getting recommended screenings. They can help you and your physician identify signs of cancer early when it is more treatable.

The Centers for Disease Control and Prevention (CDC) supports screenings for breast, cervical, colorectal (colon), and lung cancers. Which of these screenings you should get depends on your sex, age, family history, and other factors.

### Breast cancer screenings

Women with an average risk of breast cancer are recommended to get a mammogram every two years between the ages of 50 and 74. Women with a family history of breast cancer should talk with their physician about when to start mammograms—and how often to get them.

### Cervical cancer screenings

Two tests help screen for cervical cancer:

- The Pap test looks for precancerous cells in the cervix.
- The HPV test identifies the human papillomavirus that can lead to these cell changes.

Women should get a Pap test starting at age 21. If it's normal, their physician may advise them to wait three years until their next one. HPV tests should start at age 30. If that test is normal, women may be able to wait three years until their next test.

### Colorectal cancer screenings

Most people should start getting screened for colorectal cancer after they turn 45. Screening options include stool tests, flexible sigmoidoscopy, colonoscopy, and CT colonography (virtual colonoscopy). Those with certain bowel diseases and/or family history may need to start screenings at a younger age.

### Lung cancer screenings

Current or former heavy smokers (those who quit in the last 15 years) between the ages of 50 and 80 should get annual lung cancer screenings. This is done with low-dose computed tomography (LDCT).

### Talk to your doctor

If you are not sure which screenings you should get, talk to your doctor. Together, you can go over your family history, lifestyle, and other factors to decide which screenings are right for you.



## Eat Well to Avoid Cancer

Studies show that among all cancer-related deaths, as many as 30-35% are linked to diet. Part of the increased cancer risk is due to the food itself, and part is due to increased body weight from an unhealthy diet.

To reduce your risk of cancer, the World Cancer Research Fund (WCRF) and the American Institute of Cancer Research (AICR) recommend you:

- **Eat a diet rich in whole grains, vegetables, fruit, and beans.** These foods should make up the majority of your daily diet.
- **Limit red meat and processed meat.** Consume just moderate amounts of beef, pork (yes, pork is scientifically a red meat!), and lamb. Try to avoid processed meat—such as bacon, hot dogs, and deli meat—entirely.
- **Limit sugar-sweetened drinks and alcohol consumption.** Instead, drink mostly water and unsweetened drinks.
- **Eat little to no heavily processed food (including fast food).** Also known as ultra-processed foods, these foods have unhealthy added ingredients like fat, salt, starch, sugar, artificial colors and flavors, and preservatives.

### A good diet prevents other illnesses

Eating a healthy diet won't only help to protect you from cancer. It can also help to prevent diabetes, heart disease, and other illnesses. You'll likely feel better overall—both physically and mentally.

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*Part of the increased cancer risk is due to the food itself, and part is due to increased body weight from an unhealthy diet.*

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1. <https://www.hsph.harvard.edu/nutritionsource/cancer/preventing-cancer/>  
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>  
3. <https://www.webmd.com/diet/ss/slideshow-processed-food>

# CREAMY BROCCOLI APPLE SALAD

Servings

8

## Ingredients

- 4 cups broccoli florets
- 1/2 cup carrots, shredded
- 1/2 red onion, sliced thin
- 2 apples, diced
- 1/2 cup pecans, chopped
- 1/2 cup dried cranberries
- 1 cup plain Greek yogurt
- 2 tablespoons lemon juice
- 1 tablespoon honey
- Salt and pepper, to taste

## Instructions

1. In large bowl, combine broccoli, carrots, onion, apples, pecans and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.



## Nutrition Facts

Calories	140
Total Fat	6g
Sodium	25mg
Carbohydrate	20g
Total Sugars	15g
Dietary Fiber	3g
Protein	5g





# Walk to prevent cancer

Take a 15-30-minute walk five days a week.

## Employer Completion Form

I successfully completed the Weekly to Prevent Cancer Activity by:

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Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# Take a walk

Adding in some strength training is beneficial, too. Don't take an all-or-nothing approach. What's most important is that you're physically active on a consistent basis.

Your Wellbeing Activity  
**Walk to prevent cancer**

Take a 15-30-minute walk five days a week.



Insurance | Risk Management | Consulting



# Spinach-Avocado Smoothie

Make this healthy green smoothie for yourself or your loved one at any time of the day! This super creamy treat is a quick meal you can sneak in as a snack or as a meal substitute. You can even make it ahead (up to one day) and store it in the fridge until you need a veggie boost.

## Ingredients

- 1 cup nonfat plain yogurt
- 1 cup fresh spinach
- 1 frozen banana
- ¼ avocado
- 2 tablespoons water
- 1 teaspoon honey

## Preparation

1. Combine yogurt, spinach, banana, avocado, water and honey in a blender.
2. Puree until smooth.

## Nutrition (per serving)

Serving size: 1 smoothie; 357 calories; protein 17.7g; carbohydrates 57.8g; dietary fiber 7.8g; sugars 39.3g; fat 8.2g; cholesterol 4.9mg; sodium 237.9mg

Source: eatingwell.com.

### Looking for more tips to maintain a healthy lifestyle?

- 1 Log in to your Sharecare account or register at [azblue.sharecare.com](https://azblue.sharecare.com).
- 2 Discover tools and resources that can help you improve your nutrition, reduce your stress, and live a healthier life.



# 6 Ways to Support a Loved One with Breast Cancer

It's vital to support your loved one throughout the diagnosis, treatment and recovery of breast cancer. While there is no one-size-fits-all solution to providing the best type of support, here are six ways to lend a helping hand:

Be Present

Help with  
Chores

Go to Their  
Appointments

Respect the  
Doctor's Advice

Be There After  
Treatment Is Over

Offer Distractions

Visit [azblue.sharecare.com](https://azblue.sharecare.com) or scan the QR code to learn more tips for living a healthy lifestyle and managing breast cancer under **Discover, Health Topics, Breast Cancer.**





Whirlwind<sup>®</sup>  
GOLF CLUB



# TEAM MEMBER GOLF DISCOUNT

SEP 1 - OCT 26 | \$45

CALL FOR RESERVATION  
**480-940-1500**

\*Discount is valid for Gila River Resorts and Casino team members and their guests. Team members receive the discount when you book 1 day (24 Hours) in advance. Present team member badge during check-in.



# TEAM MEMBER TOUGH LOTUS STUDIO DISCOUNT

Gila River Resorts and Casinos team members receive a **33%** discount when signing up for the Unlimited Membership. Unlimited Membership give you access to ALL classes, as many and as often as you want. Includes Bungee Fitness, Aerial Fitness, Arial Silks, Burlesque and HIIT Bootcamp classes. Memberships are on month to month basis and will bill same date every month. Unlimited Membership will also give access to a 6 Week Workshops\*

**REGULAR - \$120**  
**GILA RESORTS AND CASINOS PRICE - \$80**