This month’s highlight

August focuses on self-care, creating healthy routines and stress management. In honor of National Wellness Month, we’re talking about how to add 5 minutes of wellness to your day.

For example, your body consumes more oxygen and burns more fat and calories in the hours following an intense workout of any length. Even after a workout of only 5 minutes, fat-burning benefits continue for the rest of the day.

With that said, grab your family and challenge your co-workers to do a quick walk around the block, dance around the living room or grab a few reps on the stairs. It all counts!

Support on your wellness journey

Attend a Private Virtual Workshop exclusively for you and your colleagues!

Get your dose of guidance, inspiration and support with a WW Coach and some familiar faces now in PEBB’s Private Virtual Workshop.

View the schedule and details by joining the PEBB Connect Group by clicking here.

Note: The Connect Group link is only accessible on a mobile device. If you have trouble accessing the Connect Group, email your WW username to laudan.ojoomi@ww.com to be added to the PEBB Connect Group.

Healthy fats are your friend!

Despite the high SmartPoints® value, it’s important to keep fat in your diet. Fat includes key nutrients you can't live without and can even help you feel fuller. Click here to learn more about the importance of healthy fats.

WW Recipe of the Month

Summer Cobb Salad

Ingredients

- 3 slices uncooked turkey bacon
- 3 Tbsp olive oil
- ¼ tsp lemon zest
- 2 Tbsp fresh lemon juice
- 1 Tbsp Dijon mustard
- 1 tsp table salt
- ¼ tsp black pepper
- ¼ cup cut chives
- 1 bag of romaine lettuce
- 1 piece of roasted skinless, boneless chicken breast or turkey
- 3 small Corn, kernels removed
- 2 cups diced cantaloupe
- ¼ cup goat cheese
- 1 diced avocado
- 1 Tbsp water

Instructions

1. Microwave bacon according to package directions. Drain on paper towels. Cool and chop.
2. Whisk together oil, water, lemon zest and juice, mustard, salt and pepper in a large bowl. Add romaine lettuce and toss to coat.
3. Place romaine on larger platter. Arrange bacon, turkey or chicken, corn, cantaloupe, goat cheese and avocado in rows over romaine. Serve at once.

Recipe serves 6 people.

Join WW today!

To sign up for WW or learn more, visit PEBB.WW.com

Wellness that Works.