

Live Well

NEWSLETTER

EATING HEALTHY ON A BUDGET

Eating healthy can help boost your immune system, decrease your risk for certain chronic illnesses, and even improve digestion, but at what cost? It turns out that by making small, simple changes to how you prep, shop, and cook, you can enjoy the benefits of healthy eating without breaking the bank.

How to Prep:

- **Plan meals.** Knowing exactly what you need for the week will help you make a list and avoid overspending at the store.
- **Check available coupons.** If your grocery store has a mobile app, they may have digital coupons you can use.

How to Shop:

- **Buy in bulk.** Meat and dry goods like rice or oats are cheaper in large amounts. Plus, you can freeze or store any extras.
- **Choose frozen fruits and vegetables.** They're cheaper and last longer than fresh and hold similar nutritional value.
- **Consider generic brands.** They're usually the same quality as name brand items but less expensive.

What to Try:

- **Eat different proteins.** Beans, lentils, and eggs are all low-cost sources of protein. If you still want meat, try lean meat like turkey, instead of beef.
- **Cook at home and make extra.** Leftovers from a home-cooked meal are a great alternative to take-out on a busy night.
- **Grow a garden.** It may take some extra effort, but seeds are inexpensive, and you'll always know your produce is fresh.



COPING WITH A CHRONIC CONDITION

Chronic conditions can make it difficult to show up as your best self at home and at work. Find out how you can cope with chronic pain and support others with [well-being resources](#) from Lyra Health, your mental health benefit.

Managing Pain With Pacing

Sometimes we may think that pushing through pain or avoiding activity helps with chronic pain. Learn about taking a more balanced approach in the new blog [Managing Pain With Pacing](#) from Lyra Health.

Breaking the Cycle: Overcoming Chronic Pain and Depression

Did you know there's a link between depression and chronic pain? Find out how you can manage your pain and care for your mental health in the new article [Breaking the Cycle: Overcoming Chronic Pain and Depression](#)

Coping With Cancer

Managing a cancer diagnosis can be a daunting mental health challenge, even before treatments begin. Find out how you can lean on meaningful support from loved ones in the new blog [Coping With Cancer](#) from Lyra Health.



Pain can make us acutely aware of what we're feeling in our bodies. If you experience constant aches and discomfort, Lyra Health's resources can help calm your nerves. Check out this video to learn about two soothing meditations that may offer relief.

[Additional Support for Chronic Conditions](#)

Olympic Games

We are excited to announce the launch of the Alteryx Olympic Games, our upcoming corporate step challenge designed to promote fitness, teamwork, and a bit of friendly competition within our organization. This is your opportunity to step up, get active, and win some fantastic prizes while building camaraderie with your colleagues.

When: July 1, 2024 - July 31, 2024

Registration: June 25, 2024 – June 30, 2024

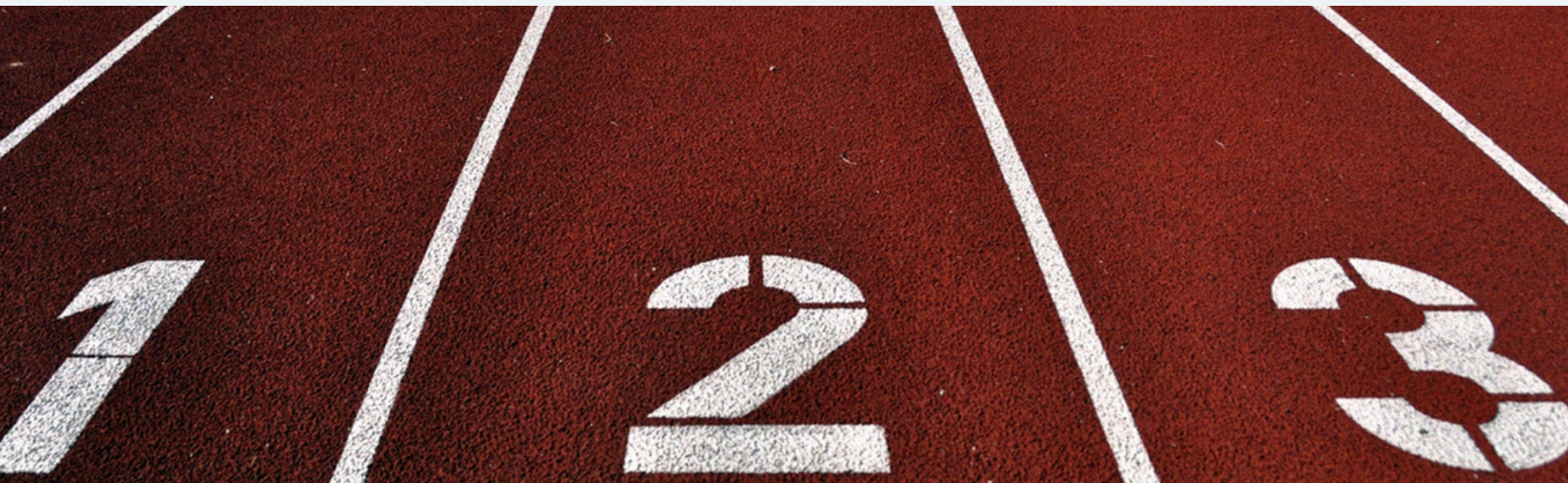
Prizes:

- 1st Place Team – Beats Studio Buds
- 2nd Place Team – Patagonia Jacket
- 3rd Place Team – Hydroflask and Blanket

Compete in this activity challenge by tracking your activity using the MoveSpring App. Access the MoveSpring app by creating an account on [web](#) or by downloading the [iOS](#) or [Android app](#).

1. [Click Here](#) to Join
2. Follow steps to create your MoveSpring account & connect a device. You'll automatically be added into the challenge!
3. Join and/or create a team before the challenge starts. Maximum of 5 per team.

For challenge updates along the way visit [The Alteryx Olympic Games Page](#).



WHAT DOES WELLNESS MEAN TO YOU?

Submit your photos [here](#)!
Your photos could be
featured in our next Live Well
Newsletter.



[CLICK HERE TO SEE UPCOMING EVENTS](#)

Eating for Immunity

July 17 at 10AM PT

[Click Here](#)

Exercise Smarter

July 2 at 11AM BST

[Click Here](#)

Yoga Flow Class

July 9 at 12PM BST

[Click Here](#)

Easy Prep for Busy Professionals

July 23 at 9AM PT

[Click Here](#)

Dos and Dont's for a Health Summer

July 18 at 11AM BST

[Click Here](#)