

# THE ACCELWELL NEWSLETTER | NOVEMBER 2024



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### WINTER SKIN CARE

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### HONEY ROASTED CHICKEN SKILLET

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NOVEMBER

# VIRTUAL EDUCATION

CHECK OUT THIS MONTH'S VIRTUAL EDUCATION FROM ACCELWELL!

## THIS MONTH'S TOPIC: WINTER SKIN CARE

WITH COACH ERIKA

[WATCH HERE!](#)



### *HI! MY NAME IS ERIKA GARDNER!*



I am a Certified Holistic Health Coach through the Institute of Integrative Nutrition, experienced AFAA Group Exercise and TRX Total Body Resistance instructor. Growing up as a competitive gymnast, I learned at a young age the importance of self-discipline, determination, and dedication. My gymnastics career was not entirely positive unfortunately – I battled through my own uncertainties and self-image struggles. With the support of friends and family, I found resources to help me understand that health means so much more than appearance, nutrition, and physical exercise. Health and wellness quickly became my purpose and my passion, inside and out of the gym. Health is not a given. Health is not a one-size-fits-all. Health is about finding what works best for YOU and YOUR lifestyle. It's important to be grateful for what you have, but never stop working for what you want. Outside of sharing my passion, you can find me exploring new Metroparks, planning a trip to the mountains, experimenting with new recipes, or spending quality time with friends and family.

### CONTACT US

Email: [coach@accelwell.com](mailto:coach@accelwell.com)  
*Your Coaches are here for you!*

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## WORKOUT OF THE MONTH

# PLANKSGIVING

## FITNESS CHALLENGE

PERFORM 20 SECONDS OF EACH EXERCISE DURING WEEK 1 - AS THE MONTH GOES ON, ADD 20 SECONDS OF TIME EACH WEEK - CHECK YOUR PROGRESS AT THE END OF NOVEMBER!



**MONDAY:**  
HIGH PLANK



**TUESDAY:**  
ELBOW PLANK



**WEDNESDAY:**  
SIDE PLANK  
(BOTH SIDES)



**THURSDAY:**  
ALTERNATING  
SHOULDER TAPS



**FRIDAY:**  
ALTERNATING ARM  
& LEG LIFTS



**SATURDAY:**  
DUMBBELL ROW

**SUNDAY: REST DAY!**



# WINTER SKINCARE

Skin care is a hot topic these days - which means there are hundreds of different tips & tricks related to bettering your skin health. Everyone's skin is different - find what works for you!



## SKIN CARE BASICS



When shopping for cleansers, look for key words like “gentle” or “moisturizing”. Try to avoid products with large amounts of alcohol in them.



\*Alcohols like cetyl, stearyl, and cetearyl can be beneficial in breaking up oils and removing excess grease or dirt from skin. So pay attention to the ingredients!

Moisturizers are extremely important in the winter! These help lock moisture into your skin and keep your skin hydrated. You should have a different product for your face & body.

**PRO TIP - Find a moisturizer that has SPF in it, even in the winter.**

# SKINCARE & NUTRITION

How can what I eat impact my skin?



Nutrition can affect everything happening with your body, inside AND out. The foods you decide to put into your body can drastically change the appearance of your skin.

## FOODS THAT HAVE A POSITIVE IMPACT ON SKIN HEALTH

Leafy greens and root vegetables are packed with vitamins and minerals that promote cell growth & protect them from potential damage.



Citrus fruits promote collagen production, keeping your skin hydrated and youthful looking.

Walnuts, chia seeds, and almonds are a great source of omega-3 fatty acids and are rich in vitamin E. These have the ability to plump & revitalize skin.



A lot of things go into keeping skin healthy in the colder months. Here are a few more tips for keeping your skin looking radiant this Winter...

### HYDRATION

The more moisture you take in, the better your skin will look. Drink more water! Also aim to use a humidifier - outside hydration is just as beneficial as inside.

### LIP BALM

The cold dry air causes lips to chap, sometimes even crack. Adding lip balm into your skin care routine will help keep everything healthy.

### HOT SHOWERS?

Hot water pulls some of your natural oils and moisture out of your skin. Try taking lukewarm showers & exfoliating 1-2 times a week.

# ACTIVITY OF THE MONTH



## Winter Skin Care Checklist

For this activity, consider how often you do the following winter skin-friendly activities. Use the education pages in this newsletter to help guide you through the below checklist.

### How often do you...

	Never	Sometimes	Always
Wear sunscreen in cold months?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8-12 cups of water per day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a lotion/moisturizer before bed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take cooler or shorter showers/baths?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a moisturizing lip balm?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat foods with healthy fats (omega-3's)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat colorful fruits and/or dark leafy greens high in antioxidants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat citrus fruits high in vitamin C?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How did you do? What specific actions do you need to work on to better protect your skin from the harsh winter weather?



# HONEY ROASTED CHICKEN SKILLET

## Ingredients (Serves 4)

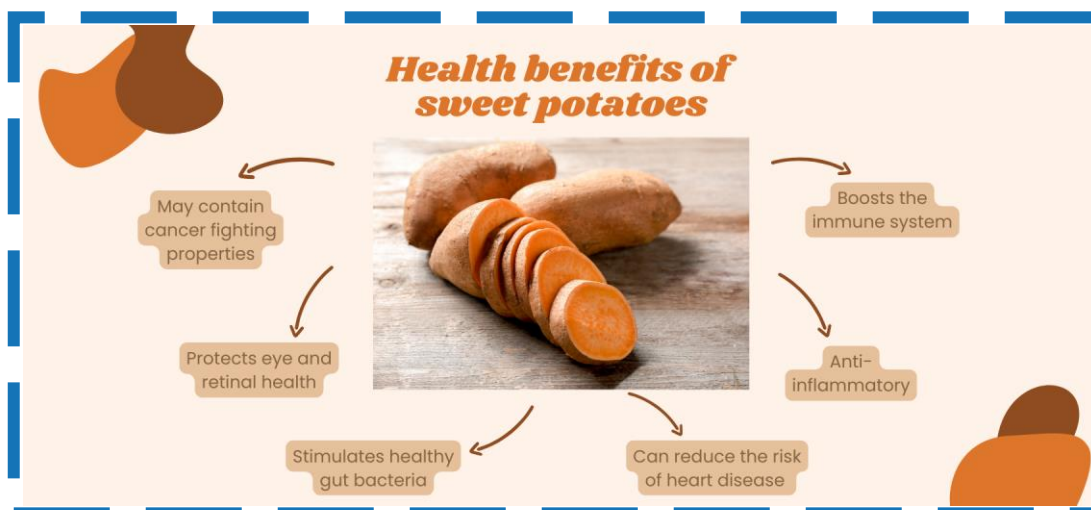
- 4 chicken thighs or breasts
- 5 tbsp butter, divided
- 4 tbsp honey, divided
- 1 tsp salt, or to taste
- ¼ tsp black pepper, or to taste
- 1 ½ tsp Italian blend seasoning, divided
- ½ tsp garlic powder
- 1 ½ pounds sweet potatoes, peeled and diced into pieces
- 2 tbsp dried cranberries
- ¼ cup pecan halves
- fresh thyme, for garnish

## Instructions

1. Preheat oven to 375 degrees. Season chicken with salt and pepper, add garlic powder and 1 teaspoon Italian seasoning.
2. In a large skillet over medium heat, melt 3 tbsp butter. Stir in 2 tbsp honey. Add chicken to pan and brown on each side for 3-4 minutes. Move chicken to the sides of the skillet.
3. Add remaining butter and honey to the center of the skillet. Once butter is melted, add sweet potatoes and stir to coat in the honey-butter mixture. Sprinkle with remaining Italian seasoning, then add pecans and cranberries, stir to combine. Allow to cook for 3-4 minutes.
4. Transfer pan to preheated oven and bake for 10-15 minutes until chicken is cooked through. Garnish with fresh thyme and cracked black pepper. Serve & enjoy!



Skillet Chicken Recipe





## PUMPKIN SPICE LATTE

### Ingredients (Serves 1)

- 2 shots of espresso
- 1 cup milk of choice
- 3 tbsp pumpkin puree
- 1-2 tbsp maple syrup, to sweeten
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- Whipped cream for topping (optional, but recommended)

## Instructions

1. Pour milk into a small pot and heat over medium-low heat until it is hot and almost simmering, but do not boil the milk.
2. Make your espresso and pour it into a large mug or glass mason jar. Add pumpkin puree, maple syrup, pumpkin pie spice and vanilla, stir until well combined.
3. Froth milk for about 30 seconds or until foamy, then pour into the mug on top of the pumpkin espresso mixture. Reserve the extra foam, and spoon it on top.
4. Feel free to top with whipped cream if you want to get a little fancy. Sprinkle with extra pumpkin spice or cinnamon.

[Homemade PSL Recipe](#)

## CROCKPOT VEGGIE SOUP

### Ingredients (6 Servings)

- 1/2 medium yellow onion, chopped
- 2 tsp minced garlic
- 3 cups chopped carrots
- 2 cups chopped celery
- 3 cups diced potatoes
- 2 cups broccoli florets
- 10 cups vegetable broth
- 2 cups diced zucchini
- 1 can diced tomatoes
- 1 can green beans, drained
- 1 can chickpeas, drained
- 1 tsp dried oregano
- salt/pepper to taste
- 1/4 cup fresh parsley (2 tbsp dried)

## Instructions

1. Chop the onion, garlic, carrots, celery, potatoes, and broccoli.
2. Add the chopped vegetables to the slow cooker and pour broth over them.
3. Set the slow cooker on high and cook for 2 hours (or until the vegetables begin to soften).
4. Add in the chopped zucchini and diced tomatoes.
5. Cook on high for another 1.5 hours.
6. Add in the green beans, chickpeas, oregano, salt, pepper, and parsley.
7. Cook on high for another 1 hour.
8. Serve and enjoy!

[Vegetable Soup Recipe](#)

