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LIVE WELL. BE WELL.

NOURISHING NEWS

Physical Well-being 2026

"Sleep, and enough of it, is the prime necessity. Enough exercise, and good food and enough, are other necessities. But sleep - good sleep, and enough of it - this is a necessity without with you cannot have the exercise of use, nor the food."
- Edward Everett Hale

Foods that can hurt your sleep

Struggling to sleep? It happens to everyone, lying awake, then finally dozing off just before the alarm. Poor sleep can leave you tired, moody, and unfocused. From anxiety to pain to perimenopause, there are endless reasons we might not be able to fall asleep or sleep through the night. But there are some causes of sleeplessness you can address today, right now - like what you eat.



Spicy : Ingredients like chiles, cayenne, or wasabi can trigger heartburn, raise body temperature, and even worsen sleep apnea, making it harder to drift off comfortably.



Heavy or high-fat meals: Large portions or foods rich in saturated fat and protein slow digestion. Eating these too close to bedtime can cause gas, indigestion, and discomfort. Aim for lighter dinners and schedule heavier meals earlier in the day.



Alcohol: While a drink may make you feel sleepy, it often disrupts deep sleep, causing restlessness and nighttime wake-ups. Stick to moderation and avoid drinking right before bed.



Caffeine: Coffee isn't the only culprit—tea, soda, energy drinks, and even chocolate contain caffeine that can linger for up to 12 hours. Cut off caffeine at least six hours before bedtime to prevent tossing and turning.



Timing matters too: Stop eating 2–4 hours before bed and keep meals consistent throughout the day. A regular schedule helps your body wind down and improves sleep quality.

Bottom line: Small changes in what and when you eat can make a big difference in getting the restful sleep your body needs.

Quarter 1
Health Observances

JANUARY:

Thyroid Awareness:
- Visit thyroid.org to learn more

Cervical Health Awareness
- Check out the National Cervical Cancer Coalition for more information

FEBRUARY:

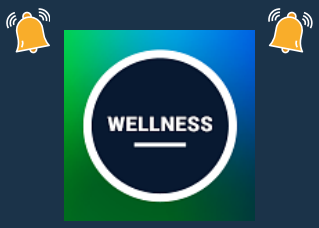
American Heart
- Learn more with the Heart Foundation

Cancer Prevention
- Explore resources through the CDC

MARCH

National Nutrition
- Explore eatright.org

Bookmark our Live Well. Be Well. Wellness Page on PWeb **here.**



Participate in Live Well. Be Well. and Earn Rewards!

Regular US Medically Enrolled Employees: Earn your $50 monthly Wellness Credit in 2027 when you earn 1,000 points and complete (and self-attest to) your annual physical by **November 30, 2026**.

ALL Regular US Benefits Eligible Employees: Achieve at least 250 points per quarter to earn an entry into the quarterly sweepstakes drawing!



1. https://you.sharecare.com/topics/4387/articles/75f756ba-f4c2-4af9-a72a-751b0e7803ea

♥ SPOTLIGHT CENTRAL ♥

Live Well. Be Well. Earn Points, Win Big!

Employees who earn at least 250 per quarter through the completion of well-being activities will receive an entry into the Live Well. Be Well. Quarterly Drawing for a chance to win a $150 gift card. To get started, register or sign into your account at parsons.sharecare.com and earn 250 points or more between January 1, 2026 - March 31, 2026.

What employees are saying about the Live Well. Be Well. Program:

"Thank you for the Live Well. Be Well. Program! Besides all the great information that comes from this site, having the challenges and prize drawings are equally enjoyed. Thank you for offering the Amazon gift card! – this is a great time to win such a gift in time for holiday shopping!"

Let's Congratulate the 2025 Q3 Winners:

- Heng Chow
- Jennifer Kimmett
- Kenneth Graham
- Kisan Limbachiya
- Michael Jones
- Xin Sun
- Ruthe Huang
- Stephanie Bethel
- Josephine Villanueva
- Eleanor Jennings
- James Rose
- Melvin Principe
- Alice Haga
- Willard Devaul
- Elliott Miller Jr.
- Robin Woessner
- Frank Cantwell
- Alexandria Reddy
- Trevor Randall
- Jason Leland
- Johnny Champagne
- Carolina Cheng
- Derek Smith
- Wendy Viehmann
- Adrian Becerra

Live Events in Quarter 1

Check out the new Wellness Corner in Sharecare for more information about Q1 events!

The Magic of Movement Workshop: In this webinar you explore the key to aging well and explore how walking and regular movement can boost brain health and support a longer, healthier life.

- Date/times: January 22nd at 12 pm ET & 3 pm ET
- Location: Parsons Live Well. Be Well. Teams Meeting Room
- Earn 100 points toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing for participating!





Sleep Tight Tonight Challenge

- Date: February 1 - February 28
- Aim for 7 - 9 hours of sleep for at least 21 days to between February 1 - February 28 to complete the challenge. Earn 200 points and be entered into a prize drawing!
- Register & participate at parsons.sharecare.com. Click Achieve < Challenges to get started.

Healthy Breakfast Challenge

- Date: March 1 - March 31
- Challenge yourself to eat a healthy breakfast. Your challenge: track your diet at any level for 21 days in March to complete the challenge. Earn 200 points and be entered into a prize drawing!
- Register & participate at parsons.sharecare.com. Click Achieve < Challenges to get started.





Stretch & Flex: Join your Wellness Manager for an opportunity to stretch your mind and body.

- Date/times: The 2nd and 4th Wednesday of the month (January - March) at 11 am ET & 3 pm ET
- Location: Live Well. Be Well. Teams Meeting Room
- Additional details will be posted on PWeb. Earn 25 points for attending!

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FRESH & FIBER-FILLED MORNING MUFFINS RECIPE

These morning muffins are packed with fuel to give you high-energy levels during workouts. Whip up a batch and you've got your morning pre-workout meal done for the week.

Ingredients

- 1 cup organic mixed dried fruit (such as raisins, cranberries, chopped apricots, chopped figs, etc.)
- 1 ½ cups whole wheat pastry flour
- ½ cup all-purpose flour
- ¾ cup turbinado sugar, plus more for sprinkling
- 2 tbsp. orange zest
- 1 ½ tsp. baking powder
- ½ tsp. cinnamon
- ¼ tsp. baking soda
- ¼ tsp. salt
- 2 large eggs
- ½ tsp. salt
- ¾ cup low fat plain yogurt

Preparation

Pre-heat oven to 350 degrees F. Place dried fruit in heatproof bowl. Cover with boiling water and let stand 5 minutes to plump fruit. Drain and set aside.

Coat 12-muffin tin with nonstick cooking spray. Combine flours, sugar, orange zest, baking powder, cinnamon, baking soda, and salt in a large bowl.

Wisk together eggs and yogurt in a separate bowl. Stir egg mixture into flour mixture. Fold in fruit.

Fill muffin tins with batter. Sprinkle tops with sugar. Bake 20 to 25 minutes, or until tops spring back when touched and toothpick inserted in center comes out clean. Cool 10 minutes in pan. Unmold and cool completely on wire rack.

Nutrition

Calories 191 | Fat 1.5g | Saturated Fat 0.4g | Cholesterol 36.5mg Sodium 101mg | Carbohydrate 41g | Fiber 3.1g | Protein 4.1g | Calcium 66.8mg

Source: Sharecare - Diet Nutrition

All regular US benefits and wellness eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code or **click here to earn 10 points** for reading this newsletter!