

A vertical photograph of a canyon. The top half shows the rugged, layered rock walls of the canyon, illuminated with a warm, golden light. A river flows through the center of the canyon. The bottom half of the image shows a rocky beach with a person standing near the water's edge. The water is a vibrant blue-green color.

2020

*Vision of Health*

**PEHP**  
Health & Benefits

**WELLNESS PROGRAM SPOTLIGHT**

**LIGHTEN UP**

*This 8-part online class will help you achieve a healthy weight by giving you the knowledge and tools to get active and choose foods that will nourish and energize you. Register at [pehp.org](http://pehp.org).*

**WELLNESS CHALLENGE**

**Mindfulness Matters**

*Do you need clarity, calm, or a greater capacity to work through life's ups and downs?*



*Mindfulness is the act of being present in the moment. Practicing mindfulness each day may change your life!*

**WORKOUT WARRIOR**

**20 Minutes for 2020**

*Start 2020 off with 20 minutes of daily exercise! Just 20 minutes most days of the week can improve your mental and physical health.*

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[pehp.org/wellness](http://pehp.org/wellness)  
801-366-7300  
[healthytah@pehp.org](mailto:healthytah@pehp.org)


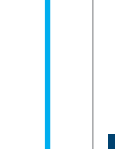


*Calm*

A sense of calm offers us strength and resilience amid the chaos of life



# January 2020

“Stop trying to calm the storm.  
Calm yourself, the storm will pass.”  
— UNKNOWN

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>DECEMBER</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>FEBRUARY</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	<b>1</b> New Year's Day  Workout Warrior begins	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>  Wellness challenge begins	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Martin Luther King Jr. Day	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>  Wellness challenge ends  Workout Warrior ends	

# Stay Sharp

It's the confidence to fail, take lessons away, back up a bit, and take another run at it

## **WELLNESS PROGRAM SPOTLIGHT**

### **PEHP WEBINARS**

PEHP has a library of Wellness Webinars available to view at your convenience. These 30-minute webinars span topics from nutrition to stress management to physical activity. Find them at [pehp.org](http://pehp.org).



### **WELLNESS CHALLENGE**

#### **Brain Games**

Keep your brain active and fit with this fun challenge! Each week you'll receive a new "Brain Game" in your inbox. Take these on individually, or with your family, friends and co-workers.

### **WORKOUT WARRIOR**

#### **Physical Activity for Heart Health**

Heart disease is the number one cause of death in America.

Learn the best kinds of physical activity to protect and strengthen your heart.

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[pehp.org/wellness](http://pehp.org/wellness)


801-366-7300

[healthytah@pehp.org](mailto:healthytah@pehp.org)

# February 2020

*It's impossible to be dull  
when you have a sharp mind.*

— LINDA POINDEXTER

SUN	MON	TUE	WED	THU	FRI	SAT
						<b>1</b>
<p><b>Quarterly Wellness Webinar: Monday, Feb. 3</b>  <b>100 years of Exercise &amp; Fitness Trends:</b> We've come a long way since 1920! Have fun examining the trends in exercise and fitness over the past century. Reflect on how far we've come and what we've learned.</p>						
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	 Wellness challenge begins				Wear Red Day	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
					Valentine's Day Donor Day	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	Presidents' Day					
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
			Wellness challenge ends			
						Workout Warrior ends

**JANUARY**

S	M	T	W	T	F	S
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**MARCH**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**WELLNESS PROGRAM SPOTLIGHT**

**PEHP TEST KITCHEN**

Wellness staff will come to your worksite to present Test Kitchen classes that include basic concepts of nutrition and tips to make simple, healthy and satisfying recipes. To request more information and schedule a class, send an email to [testkitchen@pehp.org](mailto:testkitchen@pehp.org).

**WELLNESS CHALLENGE**

**Eat Right, Bite by Bite**

Get back to basics during National Nutrition Month! Focus on making informed food choices and developing sound eating habits. Prepare your own food for at least 20 out of 30 days in this challenge.



**WORKOUT WARRIOR**

**March Madness**

March your way into motivating your co-workers! Get in the competitive spirit at your workplace with weekly physical activity challenges.

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[pehp.org/wellness](http://pehp.org/wellness)  
801-366-7300

[healthyutah@pehp.org](mailto:healthyutah@pehp.org)

*Eat Right*



Help your insides out



# March 2020

“A healthy outside starts from the inside.”

— ROBERT URICH

SUN	MON	TUE	WED	THU	FRI	SAT
1	2  Wellness challenge begins	3	4	5	6	7
8 Daylight Savings Time starts	9	10	11	12	13	14  Workout Warrior begins
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Wellness challenge ends Workout Warrior ends	National Nutrition Month			

FEBRUARY							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							
2	3	4	5	6	7	8	5	6	7	8	9	10	11
9	10	11	12	13	14	15	12	13	14	15	16	17	18
16	17	18	19	20	21	22	19	20	21	22	23	24	25
23	24	25	26	27	28	29	26	27	28	29	30		

## **WELLNESS PROGRAM SPOTLIGHT**

### **PEHP HEALTH COACHING**

A qualified coach will provide encouragement, education and accountability and help you design an action plan customized to your needs and goals. Visit [www.pehp.org](http://www.pehp.org) for other eligibility and registration information.

### **WELLNESS CHALLENGE**

#### **Connect 4**

Boost your mood, prevent loneliness and increase your longevity by pausing and connecting (or re-connecting) with yourself, nature, family/



friends and co-workers! Participate in simple activities to create meaningful connections.

### **WORKOUT WARRIOR**

#### **Flex Your Stretch**

Have tight muscles from sitting all day? Learn the best stretches to feel more relaxed and limber.

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801-366-7300

[healthytah@pehp.org](mailto:healthytah@pehp.org)

# Connect


Relationships give us a sense of belonging, a sense of identity



# April 2020

The most important things in life are the connections you make with others.

- TOM FORD

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b>  Wellness challenge begins Workout Warrior begins	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> Easter	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Earth Day	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		

Wellness challenge ends

Workout Warrior ends

MARCH	MAY
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

# Preyore

Preparation reduces stress because  
you have less to worry about

## **WELLNESS PROGRAM SPOTLIGHT**

### **WELLNESS COUNCILS**

PEHP Wellness staff are available to come to your worksite and help you create your own worksite wellness program.

Receive wellness resources and technical support to get a Wellness Council up and running. Contact [wellnesscouncils@pehp.org](mailto:wellnesscouncils@pehp.org)



### **WELLNESS**

#### **CHALLENGE**

##### **First Aid Basics**

Being prepared in a medical emergency is important and doesn't require a first aid certification. Create peace of mind and assurance that you can take care of yourself and others when the need arises by knowing the basics of first aid.

### **WORKOUT WARRIOR**

#### **Mindful Movement**

Many of us tend to live in the future or in the past. Learn strategies to increase your daily awareness and activity by being in the moment.

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801-366-7300

[healthytutah@pehp.org](mailto:healthytutah@pehp.org)



# Healthy Rituals

## **WELLNESS PROGRAM SPOTLIGHT**

### **KIDS HEALTH COACHING**

Designed for families who want to make changes within the home that will have a positive impact on children's health habits.

A Health Coach will work with parent and child to identify and implement strategies to improve health-related attitudes and behaviors.

### **WELLNESS CHALLENGE**



#### **Family First**

For better or worse, family members who live together develop similar

attitudes and habits. Learn new ways to establish positive routines and rituals in the home to build stronger bonds and promote good health.

### **WORKOUT WARRIOR**

#### **Powerful Planks**

Have back pain? Planks are a great way to relieve back pain while building strength and toning your core.

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801-366-7300


healthyutah@pehp.org

Rituals need not be elaborate for them to have a powerful impact

# June 2020

“A family that plays together,  
stays together.”

– UNKNOWN

SUN	MON	TUE	WED	THU	FRI	SAT
	1  Wellness challenge begins Workout Warrior begins	2	3	4	5	6
7	8 Family Health & Fitness Day	9	10	11	12	13
14 Blood Donor Day	15	16	17	18	19	20
21 Father's Day	22	23	24	25	26	27
28	29	30	National Safety Month			

MAY							JULY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	

# Inspire

Inspiration awakens us  
to new possibilities and  
propels one from apathy  
to possibility

## **WELLNESS PROGRAM SPOTLIGHT**

### **PEHP WEECARE**

PEHP members, spouses and dependents who are pregnant can participate in WeeCare – an educational support program to help expectant mothers have the healthiest and safest pregnancy possible. Sign up by going to [pehp.org/weecare](http://pehp.org/weecare) or calling 801-366-7400.



### **WELLNESS CHALLENGE**

#### **Going for Gold**

Awaken the Olympian in you! Be inspired by the 2020 Tokyo Games and rise to the challenge of finding new motivation to get active. Train and participate in Olympic events as you go for your goal!

### **WORKOUT WARRIOR**

#### **Carry the Torch 2020**

July is the time for the summer Olympics to begin! Be inspired by the Olympians in Tokyo and continue to be active doing something you love or trying something new.

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801-366-7300

[healthyutah@pehp.org](mailto:healthyutah@pehp.org)

# July 2020

“Instead of letting your hardships and failures discourage or exhaust you, let them inspire you.”

– MICHELLE OBAMA

SUN	MON	TUE	WED	THU	FRI	SAT
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

UV Safety Month

JUNE  
S M T W T F S  
1 2 3 4 5 6  
7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30

AUGUST  
S M T W T F S  
1  
2 3 4 5 6 7 8  
9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30 31



Wellness challenge begins

Workout Warrior begins

Independence Day

Pioneer Day

Wellness challenge ends

Workout Warrior ends

# Organize

Clearing space for what matters most

## WELLNESS PROGRAM SPOTLIGHT

### DIABETES &

### PREDIABETES CLASSES

'Take Charge' is an online class for members who may be at risk for developing diabetes. Also online, 'Diabetes and YOU' is created for members with diabetes who are looking to manage their condition through healthy lifestyle change.

### WELLNESS CHALLENGE

### 'Fall' into a Healthy Routine

Whether or not you have kids going back to school, August is a great time to prepare for a busier fall schedule. Get one step ahead by decluttering the kitchen, getting organized, and getting in the groove of preparing healthy meals.



### WORKOUT WARRIOR

### Cognitive Care

Healthy body, healthy mind. Learn how physical activity can improve cognitive functioning and overall longevity.

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801-366-7300


[healthyutah@pehp.org](mailto:healthyutah@pehp.org)



# August 2020

*The only difference between a mob and a trained army is organization.*

— CALVIN COOLIDGE

SUN	MON	TUE	WED	THU	FRI	SAT
		<p><b>Quarterly Wellness Webinar: Monday, Aug. 3</b>                      What drives you – fun, meaning, ego, or rewards? We'll present the science behind self-motivation and provide tips to tap into your own inner-strength and willpower.</p>	<p><b>National Immunization Awareness Month</b></p>	<p><b>JULY</b>                      S M T W T F S                      1 2 3 4                      5 6 7 8 9 10 11                      12 13 14 15 16 17 18                      19 20 21 22 23 24 25                      26 27 28 29 30 31</p>	<p><b>SEPTEMBER</b>                      S M T W T F S                      1 2 3 4 5                      6 7 8 9 10 11 12                      13 14 15 16 17 18 19                      20 21 22 23 24 25 26                      27 28 29 30</p>	<p><b>1</b></p> <p>Workout Warrior begins</p>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	 <p>Wellness challenge begins</p>					
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>				<p>Wellness challenge ends</p>	
	<p>Workout Warrior ends</p>					

**WELLNESS PROGRAM SPOTLIGHT**

**WORKOUT WARRIOR**

Workout Warrior is a monthly email-based physical activity challenge moderated by PEHP Wellness staff. Enroll at [pehp.org](http://pehp.org) to receive weekly motivational messages to get moving, then track and report your activity each month to enter to win an e-gift card!

**WELLNESS CHALLENGE**

**Financially Fit**

Learning to budget better, pay down debt, save for emergencies, and plan for retirement can reduce the financial stress. You'll get information, tools and practical strategies to stay financially fit.



**WORKOUT WARRIOR**

**Lose the Gym**

Oftentimes, when we think of exercise we think of the gym. Join us this month for workout routines that you can do virtually anywhere.

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801-366-7300

[healthytutah@pehp.org](mailto:healthytutah@pehp.org)

# Budget

Limit, meet sky



# Laugh

It's contagious, infectious . . .  
and the best medicine

## **WELLNESS PROGRAM SPOTLIGHT**

### **HEALTHY UTAH HERO**

Do you know someone at work who exemplifies well-being and has gone above and beyond to help their co-workers become engaged in their own health and wellness? Nominate them for a Healthy Utah HERO award at [pehp.org](http://pehp.org).

### **WELLNESS CHALLENGE**

#### **Laughter's No Joke**

Laughter is a potent tool for stress relief and is a necessity in today's fast-paced world.

Discover the physical, social, and mental health benefits gained through laughing and find ways to incorporate humor into your life.



### **WORKOUT WARRIOR**

#### **Happy Hiking**

October is a time of cooler weather and fall colors. Find extra motivation for being more active in the great outdoors and enjoying all it has to offer!


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801-366-7300

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# October 2020

“The most wasted of all days  
is one without laughter.”  
— E.E. CUMMINGS

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>SEPTEMBER</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>NOVEMBER</b> S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	<b>1</b> Workout Warrior begins	<b>2</b>	<b>3</b> Depression Screening Day
<b>4</b>	<b>5</b>  Wellness challenge begins	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Wellness challenge ends	<b>31</b> Halloween
						Workout Warrior ends

## **WELLNESS PROGRAM SPOTLIGHT**

### **TOBACCO QUITLINE**

PEHP Quitline counselors are ready to help you kick the habit. Plus, you can receive a \$100 rebate for being tobacco or e-cigarette free! Call the Quitline at 1-855-366-7500 or go to <http://pehp.quitlogix.org>

### **WELLNESS CHALLENGE**



#### **Healthy Holidays: Maintain Don't Gain**

*The holidays can be a busy time of year.*

*Maintain your health throughout all the festivities with tips and resources to help you eat wisely, stress less and keep moving!*

#### **WORKOUT WARRIOR Fitness and Diabetes Prevention**

*Shrink your risk of developing diabetes. We will provide tips on regulating blood sugar through physical activity and diet.*

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[pehp.org/wellness](http://pehp.org/wellness)  
801-366-7300  
[healthytah@pehp.org](mailto:healthytah@pehp.org)

# Living

Spend less time living in a screen world and more time living in the real world








# November 2020

## American Diabetes Month

### Quarterly Wellness Webinar: Monday, Nov. 2

**Plugged in & Disconnected:** We've become dependent on social media to connect with our friends and social circles. But what is all that screen time doing to us and to children's developing brains?

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Savings Time ends	2	3	4	5	6	7
 Workout Warrior begins	9	10	11	12	13	14
15	16 	17	18	19 Great American Smokeout	20	21
22	23  Wellness challenge begins	24	25	26 Thanksgiving	27	28
29	30 Wellness challenge runs through Jan. 5, 2021  Workout Warriors ends 					

OCTOBER							DECEMBER								
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
				1	2	3					1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12		
11	12	13	14	15	16	17	13	14	15	16	17	18	19		
18	19	20	21	22	23	24	20	21	22	23	24	25	26		
25	26	27	28	29	30	31	27	28	29	30	31				

“Almost everything will work again when you unplug it for a few minutes, including you.”

— ANNE LAMOTT

## **WELLNESS PROGRAM SPOTLIGHT**

### **SEMINARS**

Our Wellness Specialists and Health Coaches are prepared to come to your worksite to stretch with you during a Cubicle Yoga class, teach you about Sleep from A to Zzzzz's, demonstrate healthy cooking skills in a Test Kitchen class, and more!

### **WELLNESS CHALLENGE**

#### **Healthy Holidays: Maintain Don't Gain**

The holidays can be a busy time of year. Maintain your health throughout all the festivities with tips and resources to help you eat wisely, stress less and keep moving!



### **WORKOUT WARRIOR**

#### **Beat Holiday Stress**

The holidays are a great time of year but can be stressful. Join us to participate in activities that will relieve stress and leave you feeling rejuvenated.

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healthytah@pehp.org

# Balance

Balance comes in physical forms,  
emotional forms, and a spiritual form









# PEHP Healthy Utah Test Kitchen Recipes

The Healthy Utah Test Kitchen is your "one stop" for healthy recipes and cooking tips! Recipes are approved by our Registered Dietitian, and will help you add variety to your diet and be creative in the kitchen.

A sampling of recipes from our online recipe box:

## Mexican Quinoa Salad

Makes 4 servings

Source: [greenhealthycooking.com](http://greenhealthycooking.com)

### Ingredients

- 1 cup of quinoa
- 1.5-2 cups of vegetable stock
- ½ red onion
- 1 cup of cooked black beans
- (choose low sodium if canned)
- 2 tomatoes
- 1 cob cooked corn
- 2 small Avocado (ripe but firm)
- 2 hands full cilantro leaves
- 1-2 chilis
- 2 limes
- Pepper

### Steps

- » Add quinoa and stock into a pot and bring to a boil. Once boiling, reduce heat immediately to low and cover tightly with lid. Cook about 15 minutes or until done.
  - » Wash and deseed tomatoes and dice into corn-sized pieces.
  - » Wash and peel onion and chop VERY finely.
  - » Wash and chop cilantro leaves.
  - » Rinse beans and add to the bowl.
  - » Cook ear of corn, once cooled cut off kernels.
  - » Wash and chop chilis.
  - » Once quinoa is cooked, let cool and put into bowl with beans, cilantro, onion, tomato, corn and chilis.
  - » Peel avocado and dice into corn-size pieces. Add to the bowl.
  - » Season with pepper and fresh lime juice for the dressing. Stir and serve.
- Tips from the Test Kitchen:** Choose your chili peppers dependent on how spicy/hot you want the salad. Anaheim chilis are mild, Chimayo chili peppers tend to be medium and Habanero are spicy.

## Dill Sauce

Makes 8 servings

Source: [lowa Girl Eats](http://lowa Girl Eats)

### Ingredients

- ½ cup plain Greek yogurt
- 3 tablespoons chopped fresh dill or 2 teaspoons of dried dill
- 1 ½ teaspoons Dijon mustard
- 1 tablespoon cooking oil
- 1 teaspoon wine vinegar
- ¼ teaspoon of salt
- 1/8 teaspoon of pepper

### Steps

- » In a small bowl, stir together the yogurt, dill, mustard, oil, vinegar, ¼ teaspoon salt and 1/8 teaspoon pepper.



## Mini Ham & Cheese Quinoa Cups

Makes 18 small muffin cups

Source: [lowa Girl Eats](http://lowa Girl Eats)

### Ingredients

- 2 cups cooked quinoa (about ¾ cup uncooked)
- 2 eggs
- 2 egg whites
- 1 cup shredded zucchini
- 1 cup shredded sharp cheddar cheese
- ½ cup diced ham
- ¼ cup loosely packed parsley, chopped
- 2 Tablespoons shredded or grated parmesan cheese
- 2 green onions, chopped
- Salt and pepper to taste

### Steps

- » Preheat oven to 350 degrees. Combine all ingredients in a large bowl and mix to combine. Liberally spray a mini muffin tin with non-stick spray and spoon mixture to the top of each cup. Bake for 15-20 minutes, or until edges of the cups are golden brown. Let cool for at least 5 minutes before removing from the mini muffin tin.
  - » To freeze: Place baked cups on a baking sheet then freeze until solid and transfer to a freezer bag. Microwave for 20-40 seconds depending on how many you are reheating.
  - » For regular-sized muffin tins: Bake for 25-30 minutes.
- Tips from the Test Kitchen:** Add small diced canned chilis for extra spice and flavor.

## Three Bean Salad

Makes 4-6 servings

Source: Emily Mecham

### Ingredients

- 1 can kidney beans
- 1 can green beans
- 1 can garbanzo beans
- 1 red onion
- ¼ cup red wine vinegar
- ¼ cup canola oil
- 4 tbs sugar
- 1 teaspoon salt
- 1 teaspoon pepper

### Steps

- » Open and rinse all the beans and place in medium size bowl.
- » Dice red onion and add to bean mixture
- » Pour in oil, vinegar, sugar, salt pepper and then stir well to combine.

**Tips from the Test Kitchen:** This is a yummy salad that is super easy to make with most ingredients ready to go in the pantry. You can add spinach, cottage cheese, avocados and green peppers to make it a substantial, satisfying meal.



## Easy Homemade Protein Bars

Makes 16 servings

Source: Sweet Peas and Saffron

### Ingredients

- ½ cup of vanilla bean protein powder
- 1 teaspoon of cinnamon
- 1 cup of rolled oats
- 2 tablespoons of coconut oil
- ½ cup natural almond butter
- ¼ cup of honey
- ½ teaspoon of vanilla extract
- 1 tablespoon of water (if needed)
- Sea salt for sprinkling

### Steps

- » Combine the protein powder, cinnamon and rolled oats in a 7- cup food processor fitted with a steel blade. Blend until the oats are powdery and blended.
- » In a microwave safe bowl, melt the coconut oil. Stir in the almond butter, honey and vanilla extract until smooth.
- » Add the liquids into the food processor in two batches, processing in between. Process on high for 1-2 minutes until mixture is completely blended and mixed together. You may need to stop and press the mixture down a few times with a spatula.
- » If mixture feels dry, add 1 tablespoon of water and process again.
- » Line an 8x8 inch baking dish with parchment paper. Scoop the protein bar mixture into the pan and press firmly with a spatula.
- » Sprinkle with flaky sea salt.
- » Freeze for a minimum of 30 minutes before slicing into bars.
- » Keep bars in the fridge as they become soft at room temperature.

## Jerre's Black Bean and Pork Chili Crock-Pot

Makes 8 servings

Source: Sweet Peas and Saffron

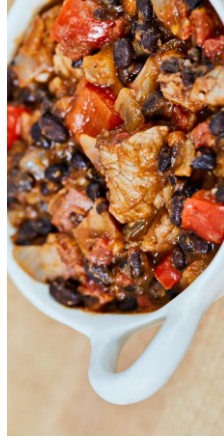
### Ingredients

- 1½ pounds of pork tenderloin, cut into 2- inch strips
- 1 small onion, coarsely chopped
- 1 small red pepper, coarsely chopped
- 3 (15 oz) cans of black beans
- 1 (16 oz) jar salsa
- ½ cup chicken broth
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 2 teaspoons chili powder

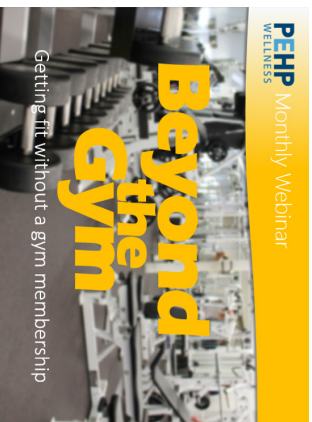
### Steps

- » Combine pork tenderloin, onion, red pepper, black beans, salsa, chicken broth, oregano, cumin and chili powder in slow cooker. Cook on low for 8-10 hours or on high for 4-5 hours.
- » Break up pieces of cooked pork to thicken the chili before serving.

**Tips from the Test Kitchen:** Goes great with a whole grain baguette or tortilla chips. To make pork more tender, cook on low for 8-10 hours.



**Did you know?** A library of webinars on a wide variety of wellness topics is available at [pehp.org](http://pehp.org)! New webinars are created every quarter featuring current health and wellness information, then archived on our website. Most webinars are 30-40 minutes long. Log in to your personal online account at [pehp.org](http://pehp.org) to browse the complete list, register and watch the ones that interest you. Some of the webinars available in the library include:



### Beyond the Gym

Gyms can be expensive, time consuming and intimidating. Gain valuable tips on how to achieve physical fitness without going to the gym.

In this webinar we will discuss:

- » Creating a low cost home gym.
- » Unconventional Exercise.
- » Outdoor Activities.
- » Exercise Guidelines.



### Habits of Resiliency

Tap into your sources of strength and become more resilient. Explore how practices of gratitude, mindfulness and positivity can bring more joy and peace into your life.

In this webinar, you will learn:

- » The difference between resiliency and resilience.
- » Resilience – Past and Present.
- » Qualities and habits of resilient people.
- » Daily tips to make resilience a habit in your life.

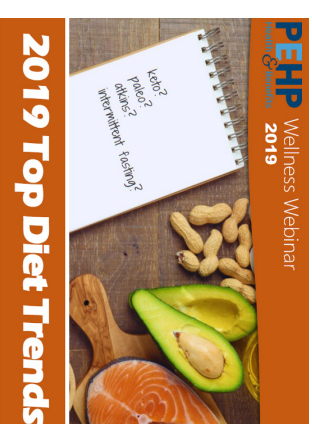


### Time Taming Tips

Don't let your day slip away. Discover several helpful tips to manage your time more effectively and get more done.

In this webinar, you will learn:

- » The common problems associated with time management and how to address them.
- » Practical solutions to implement.
- » How to take more effective breaks backed by science.
- » When and which type of work to focus on through different parts of the day.
- » The Eisenhower Matrix, The Pareto Principle, and more!



### 2019 Top Diet Trends

High fat, low carb, high protein... these are just a few of the trending "diets." Find out how current fads really measure up for weight loss and overall health.

In this webinar, you will learn:

- » The top diet trends for 2019 and the history behind them.
- » The research behind these diets and who may benefit from them.
- » How to safely implement these diets using simple strategies and meal plans.