



Questions or Comments? Contact us:
PEHP Wellness • 801-366-7300 or 855-366-7300
email: healthyutah@pehp.org

FEATURE

Protect your skin against harmful UVA rays

Did you know that sunshine is important for good health and [can uplift your mood?](#) Sunlight also [helps your skin to create vitamin D](#), the “sunshine vitamin.”

Those of us who live far north of the equator can synthesize needed vitamin D in as little as 20-30 minutes of [daily sun exposure](#).

Remember that fair-skinned individuals, children, and older adults have fragile skin vulnerable to sunburns – watch over them while outdoors.

July is UV Safety Month, reminding us to practice sun



safety especially between 10 a.m. and 4 p.m. when UVA rays are most intense.

These UVA rays place us at higher risk for many types of skin damage such as [skin cancer](#). Protect your skin from too much sun with wide-brimmed hats, wear protective clothing and [quality sunglasses](#), and apply [sunscreen](#).

If you plan on being out in the sun for more than 2 hours, increase your prevention measures and play it safe.

– Your PEHP Wellness Team



SUN SAFETY FACT

Be SunWise: The EPA provides a daily forecast of the expected risk of overexposure to UV radiation from the sun. Check the UV Index in your area [here](#).

DEHPHEALTHYUTAH WEBINAR

Fitness Gadgets for Health

What: Personal fitness trackers and gadgets can give you better insight on your exercise and health habits.

When: Wednesday, July 1 at Noon

Presenter: Jill Bryan, MS, RD

Tune in: [Register for upcoming webinar](#).

Can't make it? All webinars are archived for future viewing – visit our archive section [here](#).

CLICK TO NAVIGATE

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MOVE IT

By Jill Bryan

Outdoor Exercise & Sun Safety

Warmer weather encourages us to increase activity and spend time exercising outside. However, this additional time in the sun can place us at a higher risk for skin damage and skin cancer.

UV radiation reflects off many surfaces during outdoor exercise and can damage skin even while wearing a hat. Sweating can increase skin damage because it removes sunscreen and increases skin photosensitivity.

Reduce your UV exposure by not exercising outdoors between 10 a.m. and 4 p.m., wearing

wraparound sunglasses and a wide brimmed hat when the sport allows.

Wearing appropriate clothing during the hot weather can also help reduce UV exposure. Long-sleeve, light-weight fabrics allow for breathing and wicking during exercise outdoors.

Look for tightly woven athletic tops and shorts that keep out more UV radiation than those made of fabrics with loose or open weaves, such as mesh fabrics.

Read more about [athletes and skin cancer](#) and more ways to stay safe while exercising outdoors.



SUN SAFETY FACT

Melanin is a substance that affects how light or dark your skin color is. The more melanin you have, the darker your skin color. The amount of melanin you have in your skin affects the amount of vitamin D you can produce.

– [Vitamin D Council](#)

WORKOUT WARRIOR

89 PARTICIPANTS IN MAY

The theme of the May Workout Warrior was **Fitness Trends** – 89 Workout Warriors participated.



Tami F. was the random winner of an Amazon gift card. Congratulations Tami!

The theme for July is **Fitness Gadgets**.

Sign up for our Workout Warrior monthly challenge [here](#).

Workout Warrior is moderated by PEHP Wellness staff. Workout Warrior is email-based and self-paced. Participants receive useful health information about physical activity. Enroll to be better informed, increase your motivation, and you might even win a prize for participating!

Keep moving!



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FOOD FOR THOUGHT

By Maria Givler

Now Available! Free Grocery Store Tours

To help our members choose food products wisely — for health and cost — PEHP Healthy Utah now offers free grocery store tours. Walk down the aisles of the grocery store with a Registered Dietitian to learn how to sleuth through product labels and marketing claims.

Each tour includes:

- » Guidance on selecting produce, lean meats, whole grains and low-fat dairy products.
- » Resources to take home, with practical tips and guidance for future grocery store visits.
- » Time for you to ask the questions that matter to you.

TOUR LOCATIONS

Smith's, Bountiful
Harmon's, City Creek
Winco, Midvale

To schedule a tour, gather a minimum of 5 to a maximum of 10 people from your organization. Contact maria.givler@pehp.org to schedule a location and time. If you are interested in meeting at another store not listed above, let Maria know.

Tours are offered to PEHP members and their spouses, are limited to the Wasatch front area, and are offered 8 a.m. to 5 p.m., Mon-Fri, with the exception of Smith's Marketplace (8-11:30 a.m., Mon-Fri.)

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Simple Key to Creativity: Venture Outdoors

When you need to spark a creative idea or two, maybe you need to head for the great outdoors, away from the distractions of civilization, and let your mind roam free.

Ruth Ann Atchley, Associate Professor of Cognitive and Clinical Psychology at the University of Kansas explains, "Nature is a place where our mind can rest, relax, and let down threat responses. Therefore, we have resources left over – to be creative, to be



imaginative, to problem-solve – that allow us to be better, happier people who engage in a more productive way with others."

Learn more about nature and the creativity connection [here](#). 



SUN SAFETY FACT

Prevent [altitude sickness](#) while hiking or picnicking in the mountains. Increase fluid intake, decrease salt intake, avoid alcohol and caffeine, and moderate your physical activity.

– [High Altitude Health Tips](#)

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PEHP WAIST AWEIGH

By Emily Mecham

Contact us:

PEHP Waist Aweigh • 801-366-7300 or 855-366-7300
email: waistaweigh@pehp.org

Hydrate for Health

While you are out enjoying the sun, it's important to protect your body inside by staying well-hydrated.

But how much fluid do you need?

[The Mayo Clinic](#) recommends 13 cups for men and 9 cups for women per day. If that sounds like a lot, remember fluid is in food as well, especially fruits and vegetables. That means taking advantage of summer's bounty of fresh produce will help keep you hydrated too!

Low-fat milk, juice, and other drinks can be counted, but water is ideal since it is calorie-free and inexpensive.

Besides keeping you safe in hot summer months, drinking water helps your body function at its best. Water promotes healthy skin, calorie control, digestion, and energy.

To learn more about the benefits of staying hydrated, take a look at [this article](#).

So along with hats and sunscreen, remember to pack plenty of water for all your summer activities!



SHOUT OUTS

Congratulations to Amy J. for reaching her 6-month maintenance goal after graduating from PEHP Waist Aweigh in December 2014! Way to go Amy!

**FIND GRAD
SUCCESS
STORIES
HERE**



PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

**LEARN MORE/
ENROLL
HERE**



SUN SAFETY FACT

Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures. – www.CDC.gov

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PEHPWEECARE

Contact us:

PEHP WeeCare • 801-366-7400 or 855-366-7400
email: weecare@pehp.org

Protecting Little Ones from Summer Heat

Heat stroke is a life-threatening condition that occurs when a person becomes extremely overheated. Babies and young children are especially vulnerable to heat stroke beginning with heat exhaustion.



Your baby may be unusually tired, thirsty, or their skin may feel cool and moist when experiencing heat exhaustion. Monitor children while driving and at play as heat-related illnesses can occur within minutes in a car and outdoors. Symptoms of heat stroke include:

- » Temperature of 103 degrees or higher – but no sweating
- » Hot, red, dry skin



- » Rapid pulse
- » Restlessness
- » Confusion and dizziness
- » Vomiting

Tips such as dressing your baby in lightweight,

loose-fitting clothing, and keeping them well hydrated can prevent overheating. If you suspect heat stroke or heat exhaustion call 911, then undress your baby and move them into cooler conditions. A cool sponge bath, fanning them, and giving them plenty of breast milk or formula will help.

Learn more here.

PEHP WEECARE

PEHP WeeCare is a pregnancy and postpartum program provided to help expectant mothers have the healthiest and safest pregnancy possible.

LEARN MORE/
ENROLL
HERE



SUN SAFETY FACT

A child's body heats up three to five times faster than an adult's body. Babies and children should NEVER be left alone in a car, not even for a minute. – Safekids.org

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PREVIOUS MOVE IT WORKOUT WARRIOR FOOD FOR THOUGHT SIMPLIFY YOUR LIFE WAIST AWEIGH WEECARE CALENDAR NEXT



MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

CLICK HERE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>July is National Ice Cream Month</u></p>			<p>1</p> <p>Tune in: Healthy Utah webinar Fitness Gadgets for Health at Noon!</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>2</p> <p>HU TESTING SESSION Provo</p>	<p>3</p> <p>PEHP Offices Closed Independence Day (Observed)</p>	<p>4</p> <p><u>Independence Day</u></p>
<p>5</p> <p>Health Tool of the Week: <u>Firework Safety</u> </p>	<p>6</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>7</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>8</p> <p>HU TESTING SESSION Murray</p>	<p>9</p> <p>HU TESTING SESSION Salem</p>	<p>10</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>11</p>
<p>12</p> <p>Health Tool of the Week: <u>BBQ Health and Safety Tips</u> </p>	<p>13</p>	<p>14</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>15</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>16</p>	<p>17</p> <p>Ramadan Ends</p>	<p>18</p>
<p>19</p> <p>Health Tool of the Week: <u>Summer Activities: Friends of Wasatch</u> </p>	<p>20</p> <p>HU TESTING SESSION Salt Lake City</p>	<p>21</p> <p>HU TESTING SESSION Brigham City</p>	<p>22</p>	<p>23</p>	<p>24</p> <p><u>Pioneer Day</u>, PEHP Offices Open</p>	<p>25</p>
<p>26</p> <p>Health Tool of the Week: <u>Visit Southern Utah Guide</u> </p>	<p>27</p>	<p>28</p> <p>HU TESTING SESSION Nephi / Heber City</p>	<p>29</p> <p>HU TESTING SESSION Cedar City</p>	<p>30</p> <p>HU TESTING SESSION Lehi</p>	<p>31</p> <p>HU TESTING SESSION Heber</p>	

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