



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

## FEATURE

In March we celebrate National Nutrition Month<sup>®</sup>, a campaign focusing attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The Academy of Nutrition and Dietetics is the most valuable and credible source

of timely, scientifically based food and nutrition information.

Did you know that [PEHP Wellness](#) offers Registered Dietitian services to members? Our Dietitians offer [personal health sessions](#), teach online [classes](#), and conduct free [webinars](#) about nutrition.



Beginning March 2015, PEHP members will find their myHealthyUtah account information and resources at [www.pehp.org](http://www.pehp.org).

Now you can access all your wellness and healthcare tools in one place, including “Know. Plan. Act,” the Health Snapshot, Cost & Quality Tools, and more. We simplified by providing one website, one account, and one login to remember.

Log onto your personal account at [www.pehp.org](http://www.pehp.org) to schedule testing sessions, participate in health challenges, and learn about rebates all alongside your medical benefits.

– Your PEHP Wellness Team

## PEHP HEALTHY UTAH WEBINAR

### Cholesterol 101

**What:** Learn the facts about cholesterol and why it is an important factor in heart health.

Join us to hear current clinical guidelines and tips for managing cholesterol.



**When:** Monday, March 2 at Noon

**Guest Presenter:** Paul Hopkins, MD, MPH, University of Utah, Cardiovascular Genetics

Tune in: [View upcoming webinars](#).

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



### NUTRITION FACT

Eating right is important to stay at a healthy weight and to maintain an [energy balance](#) between the calories you eat and drink, and calories you burn when moving. –NIH

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## MOVE IT

By Melissa Miller

### Fuel for Your Body

The human body functions like a machine requiring fuel to run properly. When you fuel up with calories for optimum performance consider your daily movement plus any added exercise.


It is vital to consume enough calories throughout the day to compensate for energy output. This energy in, energy out model creates an equilibrium ideal for weight maintenance. On the other hand, overconsumption of calories leads to weight gain, upsetting your body's energy balance.

The number of calories needed on a daily basis depends on your level of activity. A machine that expends a lot of energy



will require more fuel than one that uses less. Physical activity levels can be broken down into three categories: not active, somewhat

active, or very active. For instance, if you exercise 30-40 minutes each day on top of your regular daily activities, you would be considered somewhat active.

Click [here](#)  for a chart outlining calorie needs for men, women, and children based on activity levels.

#### NUTRITION FACT



Your body needs the right balance of carbohydrates, protein, fat, vitamins, minerals and fluids to fuel your fitness. Learn how: [Fuel Your Workout without Overdoing It](#)

– *EatRight.org*

## WORKOUT WARRIOR

### 124 PARTICIPANTS IN JANUARY


The theme of the January Workout Warrior was **Pump Up Your**



**Winter** – 124 Workout Warriors participated. Chris M. was the random winner of an

Amazon gift card. Congratulations Chris!

The theme for March is **Fitness Trends**.

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



### Enjoy Good Eats!

Celebrate National Nutrition Month! Enjoy these tried and true recipes from Maria Givler, PEHP Registered Dietitian.

#### TRY THESE RECIPES



[Ricotta Cheesecake with Fresh Raspberries](#)



[Savory Carrot Cashew Soup](#)

[Lemon Garbanzo Salad with Feta](#)

[Crockpot Balsamic Pork Roast](#)

[Date and Gorgonzola Stuffed Sweet Potatoes](#)

## SIMPLY YOUR LIFE

By Tiffany Anderson

### Inspiration for Simplification

Congratulations to PEHP members Sydney, Vicki, and Stephanie. These women shared amazing health success stories with us. Each has worked hard to achieve better health and ultimately simplified their life by reducing medication use, improved their quality of life, and they feel better! Enjoy their stories:



**Sydney C.:** "While undergoing treatment for stage 3 breast cancer I learned that cancer cells love sugar and I had been feeding them my whole life. Through Healthy Utah I learned that weight loss comes from 80% of what you eat and only 20% exercise. During 8 rounds of chemotherapy I cut out all soda and junk food. I do not miss soda

anymore and it is easier to stay away from sugar." [Read more](#)



**Vicki F.:** "I enrolled in PEHP's 'Healthy Mind Healthy Body' class and focused on "Intuitive Eating." This class opened my eyes to a lot of why I

was in the condition I was in. I began eating more vegetables, fruits and started an exercise plan. Overall, I exceeded my goal and lost 60 pounds last year and no longer take cholesterol medication." [Read more](#)

**Stephanie M.:** "After gastrointestinal problems my doctor told me that limiting gluten would be gentler on my system. Not only did my GI system feel better but I noticed I felt better overall. Migraines I've had for years are now few and far between!" [Read more](#)

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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

### Your Best Diet

What is the best diet for weight loss? With hundreds of options guaranteeing results, it is hard to know! However, research suggests there is not a “one-size-fits-all” diet.

Recent [guidelines](#) from the American Heart Association state that a variety of diets, from Mediterranean to high-protein types, can result in weight loss as long as you eat fewer overall calories.

This [review](#) of mainstream diets also supports that all can provide health benefits if both total calories and processed foods are decreased. For example, one clinical trial (summarized [here](#)) showed participants on low-carb diets lost the same amount of weight after two years as those eating low-fat diets.

So rather than worry about a [fad diet](#) or what your friend ate to lose weight, make healthy, realistic changes that fit your unique [lifestyle](#).

Your best diet will be what you can maintain long-term to meet your individual health goals.



### 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](#)

### NUTRITION FACT



Think nutrient-rich rather than “good” or “bad” foods.

The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories.

– Academy of Nutrition & Dietetics

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## PEHP WEECARE

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


# Nutritional Needs of the Younger Mother

**E**ating right during pregnancy  is important for all women.

Younger mothers have special nutritional needs especially if pregnancy begins during teen years.

Teen mothers are still developing and need early prenatal care. Rapid growth during teen years means that the body will compete for nutrients during pregnancy. See your doctor regarding nutritional needs best suited for you.

All mothers need quality calories that include adequate fiber, protein, water and nutrients for a healthy pregnancy. Dietary intake is an important and controllable factor for every woman.

Read more about this topic [here](#). 

### Recommendations include:



» Extra Iron – 27mg daily

» Balanced diet of 2,500–2,700 [nutrient rich calories](#) daily



» Folic acid, [600 mcg daily](#)

» 1,300 mg of calcium daily




### 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** 



### NUTRITION FACT

Eating well = healthy pregnancy. The recommended amount of weight gain depends on your height and your average body weight. Where does that extra weight go? Learn more [here](#). 

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## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

**CLICK HERE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>Health Tool of the Week: <a href="#">Plant-Based Eating</a> </p>	<p><b>2</b></p> <p>HU TESTING SESSION Provo: 9-12:15 Cedar City: 9:30-12:15/1:30-4:15 Provo: 1:30-4:15</p>	<p><b>3</b></p> <p>HU TESTING SESSION St. George: 9-12:15/1:30-4:15</p>	<p><b>4</b></p> <p>Purim begins at sundown</p> <p>HU TESTING SESSION St. George: 8:30-12:15/1:30-4:15</p>	<p><b>5</b></p> <p>Purim</p> <p>HU TESTING SESSION St. George: 9-12:15/1:30-3:15</p>	<p><b>6</b></p>	<p><b>7</b></p>
<p><b>8</b></p> <p>Health Tool of the Week: <a href="#">Why is Healthy Weight Important</a> </p> <p>Daylight Savings Time Begins</p>	<p><b>9</b></p> <p>HU TESTING SESSION Payson: 9-12:15/1:30-4:15</p>	<p><b>10</b></p> <p>HU TESTING SESSION So Jordan: 12-5:15 Provo: 1:30-4:15</p>	<p><b>11</b></p> <p>Registered Dietitian Nutritionist Day</p> <p>HU TESTING SESSION So Jordan: 8:30-12/1:30-3 Provo: 1:30-4:15</p>	<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>
<p><b>15</b></p> <p>Health Tool of the Week: <a href="#">3 Strategies to Prevent Overeating</a> </p>	<p><b>16</b></p> <p>HU TESTING SESSION Price: 9:30-12:15/1:30-4:15</p>	<p><b>17</b></p> <p>St. Patrick's Day</p> <p>HU TESTING SESSION Price: 8:30-12:15/1:30-4:15 Ogden: 9-12:15/1:30-4:15</p>	<p><b>18</b></p> <p>HU TESTING SESSION Blanding: 10:30-12:15</p>	<p><b>19</b></p> <p>HU TESTING SESSION Herriman: 12-5:15 Moab: 9-12/1:30-3</p>	<p><b>20</b></p> <p>Spring begins</p>	<p><b>21</b></p>
<p><b>22</b></p> <p>Health Tool of the Week: <a href="#">Healthy Cooking and Snacking</a> </p>	<p><b>23</b></p> <p>HU TESTING SESSION Heber City: 10-12:45/2-5</p>	<p><b>24</b></p> <p>HU TESTING SESSION WVC: 8:30-12:15/1:30-4:15</p>	<p><b>25</b></p> <p>HU TESTING SESSION WVC: 8:30-12:15/1:30-4:15</p>	<p><b>26</b></p> <p>HU TESTING SESSION Provo: 9-12/1:30-4</p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p> <p>Health Tool of the Week: <a href="#">Balance Food and Activity</a> </p> <p>Palm Sunday</p>	<p><b>30</b></p>	<p><b>31</b></p>				

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