



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

FEATURE

Employee Health & Fitness Month

May is [Employee Health and Fitness Month](#). Get involved by participating in a **Wellness Council** at your workplace. Don't have one? A Wellness Council is a diverse team of individuals who work to improve the health and well-being of their worksite with simple activities and organizational changes. Read more about [Wellness Councils](#), how to start one, and how PEHP Healthy Utah can help.

PEHP Healthy Utah is also here to support your *individual* health and wellness goals. Catch up on the



latest health information by registering for one of our [Wellness Webinars](#) or speak to your Human Resource department about scheduling a [Wellness Seminar](#) at your workplace. Click [here](#) to view seminar topics and view the monthly webinar schedule.


In this newsletter read about:

- » Tracking physical activity with Workout Warrior
- » [PEHP WeeCare](#) – for expectant and new mothers
- » Health Coaching services with [PEHP Waist Aweigh](#)

– *Your PEHP Wellness Team*



FITNESS FACT

Getting outside is a great way to get exercise. Outdoor physical activities can bring the whole family together. Learn more – [Let's Move Outside](#) 

PEHP HEALTHYUTAH WEBINAR


Outdoor Family Adventures on a Dime

What: Discover resources you can use to plan your next family adventure.

When: Fri., May 1 at Noon

Presenter: Emily Mecham, MPH, Health & Wellness Coach

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

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


PEHP HEALTHYUTAH EMAIL GROUPS

» **Diabetes Self-Management** – Support, education and encouragement for diabetics.

» **Lighten Up!** – Providing accurate and timely information about nutrition and weight loss.

» **Move It!** – Motivating messages to help you stay active.

» **Work Well** – Providing helpful tips for making health part of your workday.

Learn more and subscribe [here](#). 

CLICK TO NAVIGATE

[MOVE IT](#) [WORKOUT WARRIOR](#) [FOOD FOR THOUGHT](#) [SIMPLIFY YOUR LIFE](#) [WAIST AWEIGH](#) [WEECARE](#) [CALENDAR](#) [NEXT](#) 



MOVE IT

By Jill Bryan

Get Active at Work

As adults, we spend a significant amount of each day at our workplace. Full-time workers in the U.S. work about 47 hours each week, in mostly sedentary jobs.

We often come home tired and struggle to achieve the recommendations for physical activity, so the worksite is a logical place to find ways to be more active. We know regular physical activity reduces the risk of several chronic diseases that affect nearly half of all American adults.

Research shows employees who

are physically active use less sick time, reduce their level of stress, and increase their energy and attention spans.

Here are a few ideas on how to both encourage and participate in physical activity at your worksite:

- » Form a walking, running or biking group and exercise during lunch breaks
- » Use your 15 minute break to stretch at your desk
- » Take advantage of the stairs

[Click here](#) for more ideas on how to increase your physical activity while at work.



FITNESS FACT

Taking the stairs burns five times more calories than taking the elevator. – *Rutgers University*

WORKOUT WARRIOR

88 PARTICIPANTS IN MARCH

The theme of the March Workout Warrior was **Fitness Trends** – 88 Workout Warriors participated.



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

The theme for May is **Spring Outdoors**.

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!



CLICK TO NAVIGATE



FOOD FOR THOUGHT

By Maria Givler

Fitness & Nutritional Needs

Proper nutrition is essential to maintaining healthy fitness levels. Magazine articles, TV shows and radio ads tout that protein is the sure way to maximize fitness, build muscle and lose inches.



While protein is important, other nutrients, like complex carbohydrates, provide needed energy for every type of workout.

The healthiest way to obtain the protein,

carbohydrates and nutrients necessary for a great workout is to focus on variety and balance. If you rely on beef, chicken or protein drinks for muscle building, try getting more fish, nuts, tofu and low fat yogurt in your diet.

Quality carbohydrates are essential for muscle fueling—add wild rice, whole wheat pasta or quinoa to a hearty salad for solid nutrition and energy.

LEARN MORE

- » Article: [Building Muscle on a Vegetarian Diet](#) 
- » Fitness Flick: [Getting Enough Carbs](#) 

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Fitness for Every BODY

Making time for regular physical activity can be challenging; though adding exercise to your weekly routine doesn't need to be complicated.

Our bodies are designed to move and movement improves health – whether we are currently at the peak of fitness or restricted by limited mobility.

Social media offers a wealth of tools, fitness apps, and health resources to help us find support and activity ideas. YouTube even offers a variety of quality fitness videos from kick



boxing to Tai Chi to wheelchair aerobics.

Every 'BODY' – meaning every person – can find ways to incorporate more movement into the day. There are a variety of options: stretching, strength training, cycling, swimming, or dancing. [ACE Fitness](#) is a reputable resource that can help Americans improve their health. On the ACE website you'll find health articles, [podcasts](#), [tools](#), [nutrition tips](#), [health videos](#), and more.



FITNESS FACT

A healthy body requires quality fuel. On [HealthyDiningFinder.com](#), you'll find dietitian-approved menu choices at thousands of restaurants coast to coast.

CLICK TO NAVIGATE



PEHP WAIST AWEIGH

By Emily Mecham

Contact us:

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

Build Support for Success

This month's theme is Employee Health and Fitness, so it's a great time to consider enlisting the help of coworkers for your health and/or weight loss goals. Here are simple tips to create a powerful support system at work:

- » Branch out! Talk with coworkers to find those with similar health goals.
- » Choose people who can understand challenges but will not help you make excuses.
- » Be accountable for specific exercise and diet goals by sharing

them with your support system.

- » Discuss how to avoid having tempting foods around the workplace.
- » Work together to add activity in your workday.
- » Talk honestly to anyone who might be making success harder (like the coworker who innocently brings treats and won't take no for an answer).

Adapt these ideas to use with family and friends too! For more strategies for success, consider reading [this article](#).



SHOUT OUTS

PEHP Waist Aweigh graduate John C. successfully met his 6-month maintenance goal in March! Congratulations John – keep up the healthy habits!

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



FITNESS FACT



Don't worry about whether it's better to exercise in the morning, mid-day, or evening. Consistency will make the most difference, so the best time to exercise depends on when you will do it! – *American Heart Association*

CLICK TO NAVIGATE



Contact us:

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

PEHPWEECARE

Fit for Two

Fitness before, during, and after your pregnancy builds bones and muscle, provides energy, and improves health.

Exercising during pregnancy helps you and your baby gain the right amount of weight, can reduce leg cramps, and decreases your risk for gestational diabetes.

Your activity level prior to becoming pregnant sets the foundation of how you should continue exercising throughout pregnancy. Be aware of physical changes during pregnancy that affects your ability to exercise:

Joints – Avoid high-impact and jerky movements. Ligaments are more relaxed due to hormones produced during pregnancy. This makes joints more mobile and places you at a higher risk for injury.



Balance – Carrying extra pounds in front of your body shifts your center of gravity and places stress on muscles, especially in the pelvis and low back. This instability can cause pain and may increase your risk for falling. Exercise with caution and use common sense.

Overheating – Pregnant women can easily overheat and dehydrate. Practice caution while exercising. Drink plenty of fluids and pace the intensity of your workout.

Moderate activities such as walking, prenatal yoga, and water aerobics are generally safe during pregnancy. Speak to your doctor



BENEFITS OF PHYSICAL ACTIVITY

Benefits of physical activity for mom and baby include:

Mom	Baby
Less edema in legs & feet	Longer gestation
Improved sleep	Improved brain development
Decreased back pain	Lower BMI in childhood

about a level of activity that is best for you and your baby. Learn more about staying fit during pregnancy

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



CLICK TO NAVIGATE

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
					1	2
3 Health Tool of the Week: Washington Post: Workout at Work	4 HU TESTING SESSION Salt Lake City/Ivins	5 HU TESTING SESSION Coalville/St. George	6 HU TESTING SESSION Salt Lake City	7 HU TESTING SESSION Salt Lake City	8	9
10 Health Tool of the Week: 10 Ways to Boost Your Exercise Motivation Mother's Day	11 Bike to Work Week HU TESTING SESSION Junction	12 HU TESTING SESSION Orderville	13 HU TESTING SESSION Kanab	14 HU TESTING SESSION Hurricane	15	16 Armed Forces Day
17 Health Tool of the Week: Physical Activity Guidelines	18 HU TESTING SESSION Moab/West Haven	19 HU TESTING SESSION Moab/Tooele	20 National Employee Health and Fitness Day HU TESTING SESSION Blanding	21 HU TESTING SESSION Monticello	22	23
24 Health Tool of the Week: Strength Training for Older Adults	25 Memorial Day PEHP Offices Closed	26	27 National Senior Health and Fitness Day HU TESTING SESSION Draper	28	29	30
31 Health Tool of the Week: Calisthenics - An Inexpensive Workout		HU TESTING SESSION Draper	HU TESTING SESSION Draper	HU TESTING SESSION Provo		

CLICK TO NAVIGATE



PREVIOUS

MOVE IT

WORKOUT WARRIOR

FOOD FOR THOUGHT

SIMPLIFY YOUR LIFE

WAIST AWEIGH

WEECARE

CALENDAR