Live Longer, Live Better

Our September edition focuses on living longer and healthier lives in honor of Healthy Aging Month. With over 78 million Baby Boomers in the U.S., mature adults are currently one of the nation's largest populations. In this issue enjoy inspiring photos of adults who dispel aging myths, check out health tips for aging well, and increase your knowledge on healthy living.

Remember that PEHP Wellness is here to support your health efforts. Benefits include annual biometric screenings, educational webinars and seminars, and for those with a BMI of 30 or higher, health coaching and support from our PEHP Waist Aweigh staff. Take control of your health in three simple steps –

Know your numbers, Plan on health improvements, and take Action for better health. Learn more about PEHP Wellness and what we have to offer here. Have a great month!

– Your PEHP Wellness Team

AGE WELL TIP

You’re never too old for exercise! Nursing home residents aged 72 to 98 strength trained for 10 weeks and improved muscle strength, walking speed, and their ability to climb stairs. – Tufts University

Move It

Regular exercise can help you slow down the clock in the aging process.

Food For Thought

Discover which foods can help preserve eye health and prevent disease and vision problems.
Move It

By Jill Bryan

Slow Down the Clock

No one can stop the clock of time, but there is a lot you can do to slow it down.

Research has shown that many symptoms we experience as we get older are actually symptoms of inactivity, not age.

Currently, only 1 out of 4 people between the ages of 65 and 74 exercises regularly because they assume they’re too old, tired, sick, or out-of-shape to exercise. But it’s never too late to start exercising.

Benefits include:
» Enhances muscle mass and strength
» Preserves bone mass

Age Well Tip

Do-it-yourself prescription: Exercise! In some cases, lifestyle changes can be as effective as medication. Ask your doctor for guidance and options best for you. – *Harvard Health*

Workout Warrior

117 Participants in July

The theme of the July Workout Warrior was Fitness Gadgets – 117 Workout Warriors participated. Angi M. was the random winner of an Amazon gift card. Congratulations Angi!

The theme for September is Turn Back the Clock.

Workout Warrior is moderated by PEHP Wellness staff and 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

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

Did you know that the retina is about the size of a postage stamp and has 130 million light-sensitive cells? Our eyes are also continuously making tiny, jittery movements. With each movement the eyes receive new information helping us to see. The foods you choose each day can help preserve eye health and decrease risks for cataracts, macular degeneration, glaucoma and other sight ailments.

Fill your plate with foods such as kale, carrots, sweet potatoes, strawberries, apples and berries. Omega-3 fatty acids (salmon, walnuts, avocado) are important too.

Food is preferred over supplements, as the combination of nutrients work together for healing. Read more about the foods and nutrients that can keep eyes at their best.

Enjoy this ‘Eye Healthy’ recipe: Kale and Craisin Salad (you can decrease the salt to ½ tsp.)

Disney Dining Done Right

Utahns have a connection to all things Disney; cast members in Disneyland even refer to Utah’s UEA weekend as “Utahns Entering Anaheim.”

What does Healthy Aging have to do with Disney dining? Disney fans understand a feeling in the park evoking happy memories, and a nostalgia that inspires return visits. These feelings manage stress; and walking around a theme park is terrific exercise.

Nutrition comes next – but, can you eat healthfully at a Disney park? Never fear, even without the help of fairy dust, dining well at Disneyland can be affordable and nutritious.

Healthy food choices abound in Disneyland. Plus, park guests may bring in their own food. Next time you visit, add nutritious snacks to your backpack and try these menu items at mealtime:

- Adventureland – Veggie kebabs at Bengal Barbecue
- New Orleans Square – Salmon salad at Harbour Galley
- Main Street, U.S.A. – Quiche and tomato soup at Jolly Holiday Café
- Frontierland – Baked fish tacos at Ranch del Zocalo

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Dr. John Taylor has been a pilot for more than 60 years

Nutrition and successful aging go hand in hand. Healthy eating increases mental sharpness, higher energy levels, and resistance to illness and disease. —AgeWise Newsletter

By Maria Givler

By Tiffany Anderson

Age Well Tip

Nutrition and successful aging go hand in hand. Healthy eating increases mental sharpness, higher energy levels, and resistance to illness and disease. —AgeWise Newsletter
Healthy Aging by Helping Others

There isn’t a guarantee for perfect health as you age, but certain habits are associated with a longer, more fulfilling life. These habits include helping and connecting often with others.

At any age, looking outside yourself can build relationships, increase happiness, provide purpose, and could prolong life. It may prevent depression that can sometimes come with life’s transitions.

Setting regular appointments to volunteer can give structure to your schedule if you have more time after retirement or when children have left home.

Helping someone else may also help you manage the stress that sometimes leads to emotional eating, and offers a longer-lasting boost than the temporary relief from food.

Knowing you are making a difference in others’ lives can build confidence, making it easier to choose healthy habits each day.

No matter your age, see if helping someone today makes a difference in your life!

AGE WELL FACT

Eat Well to Age Well by knowing the right number of calories for your age and activity level. Learn guidelines for men and women over 50 at the National Institute on Aging [here](#).

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SHOUT OUTS

Congratulations to Cindy C. and Marie A. for graduating from PEHP Waist Aweigh in July and August! Way to go ladies!

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.

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Now, more than ever, is a great time to have a child later in life. Women are focusing on preconception health, have improved access to prenatal care, and are practicing healthier lifestyles.

According to the CDC, between 1997 and 2007 the birth rate among American women ages 45 to 49 increased by 50%. A woman’s age may be an asset during pregnancy. Mature mothers tend to be more emotionally prepared for pregnancy, have more financial security, and are less likely to experience unintended pregnancies.

To have the safest pregnancy and best outcome, women of later childbearing age should be aware of potential risks:

» Maturing eggs have a higher risk of problems such as Down syndrome or other chromosomal abnormalities – Note: PEHP requires preauthorization for genetic testing. Talk to your doctor and contact PEHP customer service at 801-366-7555.

» Pregnant women over 40 are at a higher risk for high blood pressure and diabetes.

» Pre-term labor, a longer labor, and cesarean sections are more common in moms over 40.

» Age can complicate breastfeeding; some mothers have milk-supply issues.

Learn more about later childbearing here.

Fertility declines in women over 30. In some cases, infertility in women and men can be corrected through lifestyle changes, such as losing weight or stopping tobacco. Learn more about boosting your chance of having a baby here. –NIH
## September 2015

### Mark Your Calendar

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<td>Fashion Model</td>
<td>Jacky O'Shaughnessy, age 63</td>
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### Health Tool of the Week:

- **Dispel Aging Myths**
  - October 23rd
- **Ten Tips for Aging Well**
  - October 27th
- **Age Friendly Workplace**
  - September 6th
- **Huntsman Senior Games: Be Inspired**
  - September 13th
- **Huntsman Senior Games: Be Inspired**
  - September 14th
- **Be Inspired**
  - September 15th
- **Dispel Aging Myths**
  - September 20th
- **Ten Tips for Aging Well**
  - September 27th
- **Age Friendly Workplace**
  - October 1st

### Special Days

- **Labor Day**
  - September 7th
- **Ramadan Ends**
  - September 27th
- **Yom Kippur**
  - September 21st
- **Autumn Begins**
  - September 22nd
- **National Hunger Action Day**
  - September 10th
- **Patriot Day**
  - September 11th

**Sign up for a PEHP Healthy Utah testing session:**

- Monument Valley
- West Jordan/Draper
- Montezuma Creek
- South Jordan
- Ogden
- Bluff/Farmington City
- Salt Lake City
- Kaysville

**Health Tool of the Week:**

- **Age Friendly Workplace**
- **Huntsman Senior Games: Be Inspired**
- **Be Inspired**
- **Dispel Aging Myths**
- **Ten Tips for Aging Well**

**Fashion Models:**

- Jacky O'Shaughnessy, age 63
- Fashion Model, age 63

**PEHP Offices Closed**

- Labor Day

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