



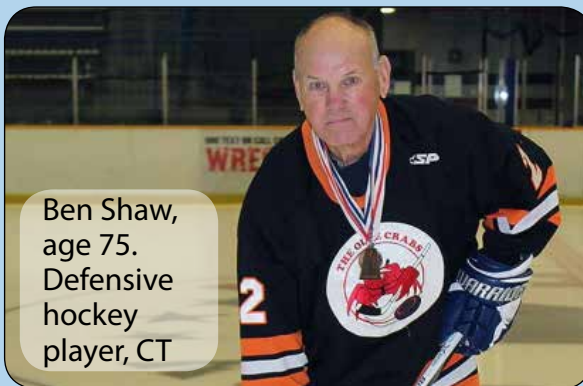
Questions or Comments? Contact us:  
PEHP Wellness • 801-366-7300 or 855-366-7300  
email: [healthyutah@pehp.org](mailto:healthyutah@pehp.org)

## FEATURE

### 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 –



Ben Shaw,  
age 75.  
Defensive  
hockey  
player, CT

**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*

### PEHP HEALTHY UTAH WEBINAR

Did you know that [PEHP Wellness Webinars](#) are archived for future viewing? View recent [2015 webinars](#) or browse through our [2014 archives](#).

In lieu of our September webinar we invite you to listen to a podcast from [AWaytoGarden.com](#) to learn more about fall harvesting and a guide to saving seeds. Enjoy!

**Tune in now** – Podcast: [Fall Harvest and Seed Saving](#)

**Gardening resources:**

[Four Season Gardening](#)

[Tools to Extend the Growing Season](#)

### IN THIS ISSUE

#### 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.

#### CLICK TO NAVIGATE

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## 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.

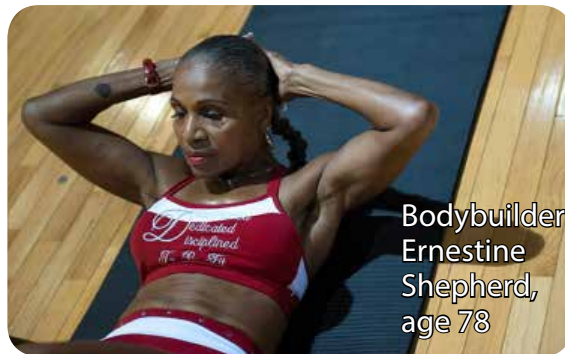
Benefits include:

- » 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*



Bodybuilder  
Ernestine  
Shepherd,  
age 78

- » Prevents falls by improving coordination and balance
- » Lifts your mood
- » Boosts memory
- » Eases symptoms of many chronic conditions

Activity may also increase lifespan. Calculations based on the Harvard Alumni Study suggest that men who exercise regularly can gain about two hours of life expectancy for each hour of exercise.

Watch this [video](#) to learn more.

## 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!**



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## FOOD FOR THOUGHT

By Maria Givler

### 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 Raisin Salad](#) (you can decrease the salt to ½ tsp.)

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



## SIMPLY YOUR LIFE

By Tiffany Anderson

### 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



#### 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](#)

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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](mailto:waistaweigh@pehp.org)

### 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!



Boston Marathon runner Katherine Beiers, age 82

### SHOUT OUTS

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

**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**



### 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](#).

### CLICK TO NAVIGATE



## PEHPWEECARE

### Contact us:

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

# Childbearing in Later Years

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



First-time mother of twins at 57: Aleta St. James. Read her story [here](#).

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](#).

## 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**



### AGE WELL TIP

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


### CLICK TO NAVIGATE



## MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

**CLICK HERE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fashion Model Jacky O'Shaughnessy, age 63</p> 		<p><b>1</b></p> <p>HU TESTING SESSION Monticello/Mapleton</p>	<p><b>2</b></p> <p>HU TESTING SESSION Blanding</p>	<p><b>3</b></p> <p><u>National Hunger Action Day</u> </p> <p>HU TESTING SESSION Blanding/Harrisville</p>		
<p><b>6</b></p> <p>Health Tool of the Week: <u>Age Friendly Workplace</u> </p>	<p><b>7</b></p> <p><u>Labor Day</u>, PEHP Offices Closed </p>	<p><b>8</b></p> <p>HU TESTING SESSION West Jordan</p>	<p><b>9</b></p> <p>HU TESTING SESSION West Jordan/Draper</p>	<p><b>10</b></p> <p>HU TESTING SESSION South Jordan</p>	<p><b>11</b></p> <p><u>Patriot Day</u> </p> <p>HU TESTING SESSION South Jordan</p>	<p><b>12</b></p>
<p><b>13</b></p> <p>Health Tool of the Week: <u>Huntsman Senior Games: Be Inspired</u> </p>	<p><b>14</b></p> <p><u>Rosh Hashanah</u> </p> <p>HU TESTING SESSION Monument Valley</p>	<p><b>15</b></p> <p>HU TESTING SESSION Monument Valley</p>	<p><b>16</b></p> <p>HU TESTING SESSION Montezuma Creek</p>	<p><b>17</b></p> <p>HU TESTING SESSION Bluff/Farmington City</p>	<p><b>18</b></p> <p>Ramadan Ends</p> <p>HU TESTING SESSION Salt Lake City</p>	<p><b>19</b></p>
<p><b>20</b></p> <p>Health Tool of the Week: <u>Dispel Aging Myths</u> </p>	<p><b>21</b></p> <p>HU TESTING SESSION West Valley City</p>	<p><b>22</b></p>	<p><b>23</b></p> <p><u>Yom Kippur</u>, Autumn Begins </p>	<p><b>24</b></p> <p>HU TESTING SESSION Ogden</p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p> <p>Health Tool of the Week: <u>Ten Tips for Aging Well</u> </p>	<p><b>28</b></p> <p>HU TESTING SESSION Salt Lake City</p>	<p><b>29</b></p> <p>HU TESTING SESSION Salt Lake City</p>	<p><b>30</b></p> <p>HU TESTING SESSION Kaysville</p>			

CLICK TO NAVIGATE