



FEATURE

Focus on Family

August is Family Health & Fitness month. In this issue we offer unique recipes for the grill, family fit tips, and a call to balance ... the topic of the August [webinar](#). A simple step toward better health is increasing [daily activity](#). Curious how PEHP Wellness staff keep moving?

- » Tiffany, Wellness Specialist – “We focus on what we can do and adapt activity to our abilities. My mother-in-law is undergoing chemotherapy and yet continues her regular water aerobics class; I walk 60 minutes daily to support my artificial hips and stand at work to prevent back pain.”
- » Stan, Healthy Utah Testing Supervisor – “During our last



cookout with family, we brought whiffle bats and balls. Rather than sitting after our meal, adults to small children took turns hitting and fielding. Everyone was active and had fun smacking the ball around!”

Share creative ideas on how you and your family increase daily activity. Send an [email](#) with ‘August Fit Tips’ in the subject line. In September we’ll highlight your suggestions. We look forward to your input!

– Your PEHP Wellness Team

PEHP HEALTHY UTAH WEBINAR

Maintaining Balance

When: Thursday, Aug. 1, 12-12:30 p.m.

Presenter: Jocelyn Monroe from IHC Hearing and Balance Center

What: Balance is an aspect of health and fitness that is often over-looked. Learn tips and daily exercises to help maintain your balance and keep you upright regardless of your level of activity.

[Register Now](#) 

Can't make it? All PEHP Wellness webinars are archived for future viewing. See archives [here](#).

HEALTHCHALLENGE

August Health Challenge: Money Management

This email-based, self-paced program focuses on financial wellness. Participants will learn what it takes to achieve economic stability, reduce financial stress, and learn simple ways to gain more control over saving and spending habits.

Learn more [here](#). 

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MOVE IT

By Matt Hill

Fitness as a Family

"If children perceive exercise as work or as a source of pain, they will do whatever they can to avoid it and they will likely carry this negative attitude about physical activity into their adult lives."
— **Randi Rotwein-Pivnick, MA, LMFT**

As an Exercise Specialist, my attitude towards fitness at home allows me to practice what I preach and influences my kids. Here's how I encourage family activity:



- » Celebrate special occasions with activity, such as a hike, or playing Frisbee at the park.
- » Involve the whole family in household chores.
- » If you have to drive, find a spot at the far end of the parking lot.
- » Count the number of steps from the car to your destination with your children. Park even farther away on your next stop.
- » Train as a family for a charity walk or run.

Tell us how you encourage family fitness. Send an [email](#) with 'August Fit Tips' in the subject line.

WORKOUT WARRIOR

By Matt Hill

157 PARTICIPANTS IN JULY

Well done!

Allison H	Curtis N	Joanie A	Lindsay V		
Allison B	Debra A	Jody C	Lisa H		
Amanda W	Deiadra S	Jody T	Lisa E		
Amber N	Dewayne H	John A	Lisa E		
Ana N	Diana H	John S	Lorrie N		
Andrew C	Diane O	Jolene W	Lynda B		
Anne S	Diane J	Julie W	Lynette M		
Anne P	Donald B	Karen J	Lynn B		
April W	Ephra W	Karen L	Lynn P		
Barbara S	Evelyn R	Karen E	Margene S	Rebecca G	Susan B
Beth B	Farrah E	Katherine C	Marian C	Ronaldo B	Susan W
Beverly P	Gayle K	Kathryn L	Maritza R	Roni L	Susan K
Beverly W	Geraldine J	Katie S	Mary C	Ruth P	Tami G
Brandi P	Grace R	Kenna A	Mary B	Samantha H	Tammy K
Brent B	Haley T	Kimberly B	Melinda A	Sandra H	Tammy C
Brett S	Heidi C	Kimberly F	Melissa N	Sandra O	Tamra F
Brita B	Heidi R	Kimberly H	Michelle G	Sarah L	Tene H
Candace D	Holly F	Koral V	Michelle M	Sarah M	Teresa D
Candace W	James B	Kristen J	Nicole B	Sean V	Teresa P
Carla W	Jamie W	Kristen S	Nicole V	Sharla A	Thomas D
Carol D	Jan M	Krystal M	Norman B	Shawnery M	Tiffany M
Catherine R	Jana L	Kyle B	Paula B	Shellee S	Tracy T
Chad I	Janae B	Kyle P	Penelope W	Sherri K	Trevor S
Christine J	Janet T	Laura M	Raenee B	Stacie T	Valene T
Christine N	Janet R	Laura S	Rafael C	Star C	Willard E
Cindy P	Janette W	Laureen G	Rebecca D	Susan Y	William C
Connie H	Jeff G	Laurel P		Susan C	Willis B
Connie S	Jennifer H	Leilani P			
Coylene B	Jennifer C	Lesleigh A			
Cristene W	Jerry N	Leslie L			
Crystal C	Jesse J	Lindsay M			



JOIN IN

Click [here](#) to find out how to become a Workout Warrior.

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SIMPLIFY YOUR LIFE

Finding Your Balance: 'Me Time' Benefits Everyone

Sometimes you just have to take a "mental health day" to maintain balance. Your health, your work, and your family will benefit if you give yourself some time off every once in a while. But if you spend your day just doing work at home, you'll defeat your purpose. Don't miss your chance to rejuvenate. Consider these tips:

» Errands and chores can wait. Focus on yourself,

HEALTH TIP

Self-esteem gives you the courage to try new things and the power to believe in yourself.

-KidsHealth.org

not all the little things to do around the house.

- » Focus on gratitude. Turn your mind off work and onto the more meaningful things in life.
- » Stay unplugged. Television and other devices can prevent us from thinking and paying attention to ourselves.
- » Assess your goals. Sometimes work-related stress is a signal to pay attention to what's lacking in your job. Think about what you want and start developing plans to pursue your goals.

FOOD FOR THOUGHT

By Maria Givler

LET'S GRILL!



[Grilled Peaches](#)

[Grilled Eggplant with Yogurt and Mint](#)

[Apricot Glazed Grilled Chicken](#)

HEALTH TIP

There are more than 200 taste buds on each of the small bumps of our tongue. So when we're savoring flavor, we're definitely savoring! -Health.gov

Let's Move!

One of the best ways to encourage family physical activity is to limit time spent watching TV, surfing the internet, and playing video games. The American Academy of Pediatrics recommends:

- » No more than 1 to 2 hours a day for children 3 and older.
- » No screen time at all for children 2 years of age and younger.

If the entire family reduces screen time, more time is available for active play. Looking for some great ideas? Visit www.letsmove.gov to help you locate outdoor events, parks, playgrounds and resources for eating well.

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PEHP WAIST AWEIGH

Healthy Travels

Summer is a time for family fun – which often includes road trips. Sitting in the car all day and reaching for salty or sugary snacks may also lead to feeling bloated, added weight gain, and a lack of energy. PEHP Waist Aweigh staff offers these tips for health on the road:

- » Eat breakfast before you leave in the morning to avoid stopping at a diner or getting too hungry later on.
- » Pack snacks in single serving bags for portion control.

- » Set specific snack times to avoid grazing all day.
- » Walk at rest stops or play at local parks when taking a break.
- » Explore roadside attractions along the way – you may create fun memories while staying active!

Find more information on healthy eating during a road trip [here](#). Safe travels!

Have your own healthy travel ideas? Send an [email](#) with 'August Fit Tips' in the subject line.

HEALTH FACT

It takes 2½ hours to burn up the 900 calories in a 6-ounce bag of potato chips. It only takes 7 minutes of stair climbing to burn the 62 calories in 2 c. of plain popcorn.

SUCCESS STORY



Bob Congrove, 214 pounds lighter!

Bob Congrove, PEHP Waist Aweigh graduate highlighted in the May 2013 issue, has submitted his 'after' picture. Read more about his success [here](#).

LEARN MORE/
ENROLL
HERE



SHOUT OUT!

Congratulations to PEHP Waist Aweigh graduate . . .

Jennifer A. recently graduated from PEHP Waist Aweigh by reaching a BMI of 24.4 and a total loss of 102

pounds. Wonderful job Jennifer!

FIND GRAD
SUCCESS
STORIES
HERE



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MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HU WEBINAR: Maintaining Balance 12-12:30 p.m. Register	2	3
4 Health Tool of the Week: Tips to reduce screen time	5 HU TESTING SESSION Spanish Fork: 9-12:15/1:30-4:15	6 HU TESTING SESSION Taylorsville: 8:30-12:15/1:30-4:15 Beaver: 9-12:15/1:30-4:15	7 August Workout Warrior Registration closes	8 Ramadan ends	9	10 Missed the webinar? Visit our Archives section
11 Health Tool of the Week: Eat Right to Play Hard	12 HU TESTING SESSION WVC: 8:30-12:15/1:30-4:15 Draper: 8:30-12:15/1:30-3:15	13 HU TESTING SESSION Fruit Heights: 9-12:15/1:30-4:15 Riverdale: 9:30-12:15/1:30-4	14 HU TESTING SESSION Riverton: 8:30-12:15/1:30-4:15	15 HU TESTING SESSION Sandy: 9:30-noon	16 HU TESTING SESSION Sandy: 8:30-12:15/1:30-4	17
18 Health Tool of the Week: Triple A's of Healthy Swimming	19 HU TESTING SESSION Vernal: 8-12:15/1:30-5:15 Richfield: 9-11:45/1-4:45	20 HU TESTING SESSION Vernal: 8-11:45/1-4:45 Richfield: 8-11:45/1-4:45	21 HU TESTING SESSION Richfield: 8:30-12:15/1-4:15	22 HU TESTING SESSION Richfield: 8:30-noon; 1:30-3:15 p.m. Manila: 10-noon; 1:30-3:15 p.m.	23 HU TESTING SESSION Richfield: 8:30-12:15/1:30-3:15	24
25 Health Tool of the Week: Picnics and Food Safety	26 HU TESTING SESSION Taylorsville: 8:30-12:15/1:30-4:15	27 HU TESTING SESSION Mapleton: 8:30-1:15/1:30-4:15 Escalante: 12-4	28 September Workout Warrior Registration opens	29 HU TESTING SESSION North SL: 8:30-12:15/1:30-4:15 Panguitch: 9-11:15 Tropic: 1-5:15	30 HU TESTING SESSION Panguitch: 9-12:15	31

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