



FEATURE

Immunizations are Part of Being Prepared

The August edition of the PEHP Wellness newsletter focuses on safety. This theme coincides with the third Health Challenge of 2014 titled *Emergency Preparedness*.

In keeping our community safe and prepared, PEHP Healthy Utah is also highlighting the efforts of **National Immunization Awareness Month**.

Immunizations can prevent serious diseases like the flu, measles, and tuberculosis (TB). Talk to your doctor



or nurse to make sure that everyone in your family receives the shots they need.

Learn more about the best protection for your child and review the immunization schedule for children [age 6 months and older](#).

Find out which shots are recommended for adults and teenagers [here](#).

Women who are pregnant are encouraged to read this [recommended immunization schedule](#).

We hope you enjoy this issue.

– Your PEHP Wellness Team

HOW TO 'BE PREPARED'

Join FEMA's National Preparedness Community, their goal is to bring citizens together to **Connect – Collaborate – Educate – Empower**. Learn more [here](#).

PEHP HEALTHY UTAH WEBINAR

Strength Training for Women

What: Despite its reputation as a “guy” thing, strength training is a key component of overall health for everyone. Tune in and learn what strength training can do for you and how to get started.

When: Friday, Aug. 1, 2014 at Noon

Presenter: Jill Bryan, RD, PEHP Wellness Specialist.

Register [here](#).

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

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Find out how physical fitness can aid your emergency preparedness.

[Food For Thought](#)

Is your pantry equipped for an emergency?

[PEHP Waist Aweigh](#)

Alisha M. shares her weight-loss story.

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MOVE IT

By Melissa Miller

Physical Fitness for Preparedness-Minded People

The correlation between physical fitness and emergency preparedness may not be readily apparent, but it's there.

In the event of an emergency, such as a natural disaster, physical exertion will most likely be needed to reach a safe place. The length of time that you may need to exert yourself physically in order to keep yourself and others safe is unpredictable in times of an emergency. For example, could you help yourself and others to move heavy debris in order to retrieve a loved one if necessary?

This is why it is important to maintain a basic standard of physical fitness as part of your normal emergency preparedness plan. This does not mean that you have to be in triathlon shape, but aim to maintain a level of fitness that is reasonable for you.

For great tips and guidelines, check out [the Preparedness Coach](#). 




WORKOUT WARRIOR

184 PARTICIPANTS IN JUNE

The theme of the June Workout Warrior was **Check Your Health** – 184 Workout Warriors participated.



Cindy L. was the random winner of an Amazon gift card. Congratulations Cindy!

The theme for August is **Disaster Dash**. Learn more about Workout Warrior and how to participate [here](#). 

Keep moving!

HOW TO 'BE PREPARED'

"Preparation through education is less costly than learning through tragedy."

– Max Mayfield

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FOOD FOR THOUGHT

By Maria Givler

Emergency Preparedness and Food Storage

No one likes to go without food ... and when an emergency or disaster strikes, some of the panic can be quelled if you have a reasonable amount



of food, water, and regularly used supplies on hand. If grocery stores are up and running, most will not have more than three days worth of food stocked for the hundreds of people who are competing for it.

FEMA recommends having a minimum of three days of food and water on hand (per person) while other sources recommend larger amounts of food storage ... 30 days and up to one year. If you feel behind in the food storage arena, start to build up your reserve now.

In addition to rice, oatmeal and beans, click [here](#) for more food storage ideas.

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Don't Overwork in Hot Temps

If you work outside in the sun, staying cool can be challenging. For productivity and safety, take proper steps to prevent heat illnesses:

- » **Water:** Drink lots of it. Try to drink at least a cup every 20 minutes, whether you feel thirsty or not.
- » **Shade:** Avoid direct exposure to the sun when possible. Remember sunscreen.
- » **Acclimation:** The body can learn to adapt to hot conditions, but don't force it. Build up heat tolerance by gradually extending time you work in the sun.



- » **Breaks:** Supervisors shouldn't expect workers to stay on the job without rest for a full eight hours.
- » **Buddies:** Keep an eye on your co-workers, and ask them to watch you for any signs of heat-related illness.

Read more safety tips for working outdoors [here](#).

HOW TO 'BE PREPARED'

Food Safety: Do you know how much mercury you are consuming from seafood sources? Use this calculator created by the National Resources Defense Council and view your consumption levels [here](#).

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PEHP WAIST AWEIGH

Alisha M.: Remember You Are Worth It!



BEFORE

Ten months after starting PEHP Waist Aweigh and Weight Watchers, I experienced pain, quit losing weight, and was always tired. My doctor tested for rheumatoid arthritis and found a tumor on my thyroid. I could have given up on weight loss, but knew I had to keep going. Earlier on I had written to myself, "Remember you are worth it." Anytime I struggled, I read this.

**FIND GRAD
SUCCESS
STORIES
HERE**

It took longer to reach my goal than expected but I have gained

confidence, strength, and health. Things that have helped me to succeed:

- » Have fun – try new activities
- » Find support
- » Celebrate ALL successes, like doing a real push-up
- » Set smaller goals – reward yourself
- » Don't be so harsh on yourself
- » Write down what you eat – be honest
- » It is okay to indulge occasionally. If I said I couldn't have ice cream I wouldn't have stuck with it.

Read Alisha's entire success story [here](#).



AFTER

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**

SHOUT OUTS

Congratulations to Eric T. for graduating from PEHP Waist Aweigh in June! Way to go Eric!

HOW TO 'BE PREPARED'

Take steps to put together an emergency supply kit for your home, office, school, and vehicle. You never know where you will be during an emergency. Learn what to pack [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
					1	2
3 Health Tool of the Week: Understand Your Immune System	4 HU TESTING SESSION Spanish Fork : 9-12:15/1:30-4:15	5 HU TESTING SESSION Cedar City : 8:30-12/1:30-4:15	6 August Workout Warrior Registration closes HU TESTING SESSION Cedar City : 9-12:15/1:30-4:15 Ogden : 9-12:15/1:30-4:15	7 HU TESTING SESSION St. George : 10:15-3:30	8	9
10 Health Tool of the Week: Vaccine Safety	11 HU TESTING SESSION Riverton : 8:30-12:15/1:30-4:15	12 HU TESTING SESSION Riverdale : 9-12:15/1:30-4:15	13 HU TESTING SESSION SLC : 8:30-12:15/1:30-4:15	14 HU TESTING SESSION SLC : 8:30-12:15/1:30-4:15	15 HU TESTING SESSION Sandy : 8-12:15/1:30-4	16
17 Health Tool of the Week: Be Prepared for Technological and Accidental Hazards	18 HU TESTING SESSION Richfield : 9-12:15/1:30-4:45 Vernal : 10-12:15/1:30-5:15	19 HU TESTING SESSION Richfield : 8-12:15/1:30-3:45 Vernal : 8-11:45/1-4:45	20 HU TESTING SESSION Richfield : 8:30-12:15/1:30-4:15 Vernal : 9-12:15/1:30-4:15	21 HU TESTING SESSION Richfield : 8:30-12:15/1:30-3:15 Duchesne : 9:30-12:15/1:30-3:15 Manila : 10-12:15/1:30-3:15	22	23
24 Health Tool of the Week: Understand Household Chemical Emergencies	25	26	27 September Workout Warrior Registration opens	28	29	30
31 Health Tool of the Week: Be Prepared: Citizen Corps Volunteer Information		HU TESTING SESSION SLC : 8:30-12:15/1:30-3:15 Escalante : 12-4	HU TESTING SESSION No. Salt Lake : 8:30-12:15/1:30-3:15 Panguitch : 1-5	HU TESTING SESSION Taylorsville : 8:30-12:15/1:30-4:15 Panguitch : 9-11:15 Tropic : 1-5:15	HU TESTING SESSION Panguitch : 9-12:15	

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