



FEATURE

Heart Health Month

PEHP Wellness launches our quarterly health challenge series this month. The Maintain Don't Gain challenge ended in January – we want to thank 372 members for participating! February's challenge, called Beat the Blues, runs Feb. 3-28 and is moderated by Jill Bryan, PEHP Wellness Specialist. View the 2014 Health Challenge schedule and learn how to participate [here](#).

February is also Heart Health month. In this issue, read heart facts and information that encourages you to keep this amazing organ healthy. The heart does the most physical work of



any muscle during our lifetime. Grab a tennis ball and squeeze it tightly to feel just how hard a beating heart works to pump blood with every beat.

Have a wonderful month.

– Your PEHP Wellness Team

HEART FACTS

Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood through your body.



DEHPHEALTHYUTAH WEBINAR

What's the Buzz?

What: Energy drinks have become increasingly popular since they were introduced on the market in the 1980s. Learn about ingredients and health problems associated with them.

When: Monday, Feb. 3 at Noon

Presenter: Leanne Geigle, Wellness Council Specialist

[Register Now](#)  Can't make it? All webinars are archived for future viewing in our [archives](#). 

DEHPHEALTHYUTAH SUCCESS!

Lori P. was diagnosed with diabetes seven years ago. She has now lost 35 pounds, no longer needs her diabetes medication, and manages her A1C levels by walking 3 miles a day and modifying her diet. Read Lori's story [here](#).

Tyler P. had been battling depression and using food to cope with it. During the past year Tyler lost 90 pounds by exercising and changing his diet. Read Tyler's story [here](#).

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MOVE IT

By Tiffany Anderson

Heart Health – A Team Effort

According to The American College of Sports Medicine, cardiovascular fitness is, “the ability of your body to take in, transport and use oxygen while exercising.” Cardiovascular health describes the combined efforts of the heart, lungs, muscles and blood working together as a team while performing physical activity.



Developing and maintaining this type of fitness means participating in aerobic activity such as walking, cycling, or swimming 3-5 times a week for at least 20-30 minutes. By doing this you receive a number of health

benefits, including:

- » Reduced blood pressure
- » Decreased risk of stroke and heart attack
- » Lower fat mass
- » Increased bone mass

Cardiovascular health builds over time – as with any activity, seek medical advice before beginning anything new. Get tips [here](#).



WORKOUT WARRIOR

122 PARTICIPANTS IN DECEMBER

Congratulations to the 122 members that participated in the December ‘Gift of Fitness’ Workout Warrior! Heidi C. was our random winner of the Amazon gift card – congratulations Heidi! Learn how to sign-up [here](#).



| | | | | | |
|-------------|-------------|-------------|------------|------------|--------------|
| Adam B | Charles H | Erin A | Katie S | Melissa G | Shayla A |
| Alison S | Chet L | Esmeralda B | Kaylynn H | Melissa N | Sherri K |
| Amanda M | Chris C | Gay H | Kim A | Melissa V | Star C |
| Amber S | Christian M | Heidi C | Kimberly P | Michelle M | Susan B |
| Andrew C | Christina G | Jaimie D | Kristen S | Micky R | Susan W |
| Annamaria L | Cindy L | Jamie W | Larene W | Nicole S | Susan K |
| Anne S | Cindy R | Jan M | Laura S | Norman B | Suzette A |
| April G | Cindy T | Janae B | Laura S | Paul D | Tami G |
| Ashlee G | Constance O | Jeff G | Lesleigh A | Penelope W | Tammy K |
| Becky Jo T | Coylene B | Jennifer P | Lillian H | Rachelle C | Tammy T |
| Beverly W | Cristene W | Jennifer R | Linda C | Ralaina T | Teresa Ann P |
| Bonnie G | Cynthia D | Jenny Z | Linda M | Richard A | Teresa P |
| Brandon C | Dale H | Jodie M | Lindsay M | Robert L | Tiffani M |
| Brenda G | Danielle O | John S | Lorrie N | Robin G | Tiffani D |
| Brent B | Dawn M | Judith Z | LuAnn M | Rose H | Vickie B |
| Bret V | Deborah D | Julie W | Lynette M | Sarah B | Wendy D |
| Brian W | Debra A | Kacie M | Marilee W | Sarah L | William R |
| Candace W | Derek K | Karen A | Maritza R | Sean V | |
| Catherine R | Elizabeth C | Karen L | Marsha H | Selena J | |
| Cathy B | Enqiang H | Karen W | Matthew T | Sharla A | |
| Celeste R | Ephra W | Kathleen H | Max W | Shauna H | |

HEART FACTS

Physical inactivity doubles the risk of heart disease.

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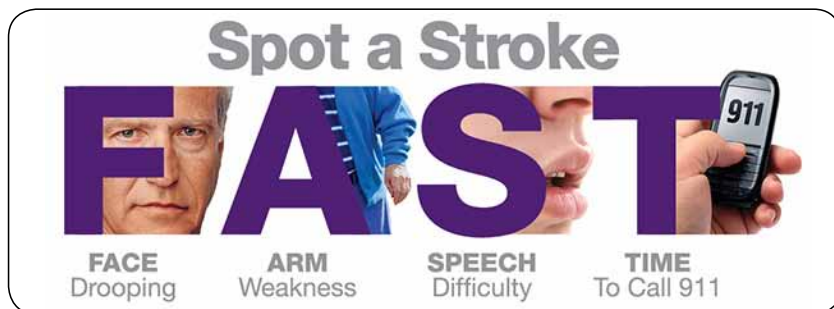
SIMPLIFY YOUR LIFE

Stroke Alert: Watch For Symptoms

Strokes are the fourth leading cause of death in the U.S. Stroke occurs when the brain's supply of blood is cut off.

In some cases, the disruption is only temporary. This is known as a transient ischemic attack (TIA). TIAs can serve as a warning sign of a major stroke. What should you watch for? Consult a doctor if you or a loved one begins to exhibit these symptoms:

» Difficulty walking



- » Language struggles
- » Numbness or paralysis
- » Vision problems
- » Headache

Memorizing a simple acronym can also help you spot a stroke. **FAST** is a useful resource that was designed as a training tool for ambulance staff.

HEART FACT

A good belly laugh can send 20% more blood flowing through your entire body. When you laugh, the lining of your blood vessel walls relax and expand – so have a giggle, your heart will thank you.

FOOD FOR THOUGHT

By Maria Givler

Eat Right, Stay Sharp



Here's a tip to put a smile on your face...a heart healthy diet is also good for your brain! Eating the right food can keep cholesterol and blood pressure levels within a healthy range, thus reducing your risk for plaque build-up in the arteries, excess inflammation, and decrease your risk for strokes.

Regularly enjoy these foods:

- » Fruits
- » Vegetables, especially [leafy greens](#)
- » Fish (salmon, albacore

tuna, mackerel, herring or trout—rich in omega 3 fatty acids)

- » Whole-grain, high fiber foods
- » Fat free and low fat (1%) dairy foods
- » Beans
- » Nuts
- » Lean meats (skinless poultry)

The American Heart Association has plenty of recipes. Click [here](#) for low-cholesterol, low-salt, diabetes-friendly and heart-healthy ideas.

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PEHP WAIST AWEIGH

By Kellie Higgins

De-Stress for Heart Health

Stress can increase your risk of heart disease. For short or long term stress, incorporate these [stress management](#) techniques into your routine:

- » Make yourself a priority – set boundaries and practice controlling your response to a stressful situation. Laugh at yourself and use positive self talk for a boost on a tough day.
- » Exercise – activity in any form increases your “feel good” endorphins.
- » Prioritize – Make a list of top priorities for the day. Focus on each priority, one at a time.
- » Deep breathing – Take slow, deep breaths in through your nose and exhale through your mouth. Visualize a relaxing place during this exercise.



HEART FACT

Just 15 minutes of relaxation can lower your heart rate.

SHOUT OUTS

PEHP Waist Aweigh recognizes two graduates this month.

Congratulations to Penny Weiss who graduated on Christmas Eve and Anne Storms, the first graduate of the New Year! Great job 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



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MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|---|--|
| <p>Living Well with Chronic Conditions</p> <p>A FREE, six-week workshop designed for people living with chronic health problems such as COPD, Heart Failure, Diabetes, and Arthritis. Classes focus on problem solving, decision making and confidence building. Learn more here.</p> | | | | | | 1 |
| <p>Groundhog Day 2</p> <p>Health Tool of the Week: Heart Health Month </p> | <p>3</p> <p>HU TESTING SESSION Magna: 8:30-12/1:30-4:15</p> | <p>World Cancer Day 4</p> <p>HU TESTING SESSION SLC: 7-10:15 Riverton: 12-5:15</p> | <p>February Workout Warrior Registration closes 5</p> <p>HU TESTING SESSION Orem: 9-12:15/1:30-4:15</p> | <p>6</p> <p>HU TESTING SESSION SLC: 8:30-12/1:30-4:15</p> | <p>National Wear Red Day 7</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>8</p> |
| <p>Health Tool of the Week: Know your score: Heart Attack Risk Assessment </p> | <p>9</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>10</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>11</p> <p>HU TESTING SESSION West Jordan: 12-5:15</p> | <p>12</p> <p>HU TESTING SESSION Washington Terrace: 9-1:15 SLC: 10-2</p> | <p>Valentine's Day 14</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>15</p> |
| <p>Health Tool of the Week: Interactive Cardiovascular Library Watch, Learn and Live </p> | <p>16</p> <p>President's Day (PEHP Offices closed) Learn about The Presidents</p> | <p>17</p> <p>HU TESTING SESSION WVC: 8:30-12:15/1:30-4:15</p> | <p>18</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15 Kaysville: 9-12:15/1:30-4:15</p> | <p>19</p> <p>HU TESTING SESSION Orem: 9-12:15/1:30-4:15</p> | <p>20</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>21</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> |
| <p>Health Tool of the Week: Why Cholesterol Matters </p> | <p>23</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>24</p> <p>HU TESTING SESSION Ogden: 9-12:15/1:30-4:15</p> | <p>25</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>March Workout Warrior Registration opens 26</p> <p>HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15</p> | <p>27</p> <p>HU TESTING SESSION Logan: 9-12:15/1:30-4:15</p> | <p>28</p> |

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