



FEATURE

Happy New Year!

During 2014 PEHP Wellness is dedicated to offering members New Year's *Solutions* rather than *Resolutions*. The Wellness newsletter will highlight a different health theme each month to educate, inspire, and motivate you.

Ready to learn more? Check out the 2014 schedules – our monthly [webinars](#) and [health challenge](#) topics are online now. January focuses on Mind & Body Health – learn about techniques using brain and body to improve your quality of life. Enjoy this edition.

– Your PEHP Wellness Team



NEW YEAR SOLUTION TIP

“A goal properly set is halfway reached.” – Abraham Lincoln

PEHPHEALTHYUTAH WEBINAR

Approaching Wellness with Mind & Body

When: Thursday, Jan. 2 at Noon

What: It is possible to leverage the power of the mind to reduce stress and improve physical health. Learn practical, science-based techniques that you can use to maintain overall well-being.

Presenter: Penny OBrien, Director of Wellness Services at GBS Benefits, Inc.

[Register Now](#)

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

PEHPHEALTHYUTAH HEALTHCHALLENGE

Shorter days, cold nights, snow, inversion ... are you feeling the “winter blues”? Sign up now for the first Health Challenge of 2014 – ‘Beat the Blues’ runs February 3-28 and will help you learn how to prevent the winter blues, improve your mood, and feel better. Learn more and register [here](#).

CLICK TO NAVIGATE

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MOVE IT

By Tiffany Anderson


Exercise is Brain Food!

You know that exercise is beneficial for your body. A balanced exercise program helps to strengthen the heart and lungs, tones muscles, increases metabolism, and manages stress.

The brain also benefits from an exercise routine. Research has shown that cognitive function and memory improve dramatically with consistent, moderate exercise. During aerobic exercise an increase in circulation and added flow of oxygen help to fuel the brain. Want to achieve a "runner's high"? After about 30 minutes of aerobic exercise the pituitary gland releases endorphins; these




are the natural feel-good chemicals that also ease feelings of depression.

Feel good, think clearly, and keep moving! Learn more about brain health [here](#). 

WORKOUT WARRIOR

125 PARTICIPANTS IN NOVEMBER

Congratulations to 125 participants that participated in the November 'Turkey Trot' – great job Workout Warriors! **Katie S.** was our random winner of the Amazon gift card – great job Katie! Learn how to sign-up [here](#). 



Aaron J	Christian M	Heidi C	Laura S	Michelle M	Sharla A
Adam B	Christie O	Jamie E	Laura S	Micky R	Shauna H
Alissa S	Christopher H	Jamie W	Laureen G	Nalissy D	Shauna H
Amber S	Christy Y	Janae B	Leslee H	Nicole V	Sherri P
Andrea G	Cindy V	Janel J	Lesleigh A	Norman B	Sherri K
Andrew C	Connie H	Jeff G	Linda I	Pamela L	Star C
Anna H	Constance O	Jenny Z	Linda C	Patrick D	Stephanie M
Anne S	Coylene B	Jie S	Lindsay M	Penelope W	Susan C
Ashley C	Cristene W	John S	Lisa O	Rachel H	Susan B
Azusena M	Danielle O	Joseph L	Liyan R	Ralaina T	Susan K
Becky Jo T	David S	Judith Z	Lorrie N	Ralynne T	Suzette A
Benjamin L	Deborah S	Julie S	Luann M	Rebecca D	Tami G
Beverly P	Debra A	Justine S	Lynn M	Richard A	Tammy K
Bonnie G	Donald B	Jyll O	Maria D	Robin G	Tammy T
Brent B	Dow Y	Karen L	Marilyn B	Robin W	Teresa P
Bret V	Elizabeth C	Karen W	Marisa E	Rose H	Teresa P
Brittany H	Ephra W	Kasia B	Maritza R	Samuel J	Tiffani M
Candace W	Erin A	Katie S	Melissa V	Sara W	Tiffani D
Carol D	Erin R	Kaylynn H	Merelynn B	Sarah L	Tuesdee T
Carrie P	Galynn M	Kristen S	Michelle B	Sean V	Virginia R
Catherine R	Giani J	Larene W	Michelle S	Selena J	

NEW YEAR SOLUTION TIP

"Whoever wants to reach a distant goal must take small steps."
– Helmut Schmidt

CLICK TO NAVIGATE



SIMPLIFY YOUR LIFE

Turn Setbacks into Success

No matter how smart you are and how hard you work, you're going to fail now and then. What counts is your ability to respond to setbacks. Whether your failures are spectacular or small, snap back with this advice:

- » **Be honest.** Admit your mistakes to others – and to yourself. Admitting the truth head-on helps you move on more quickly.
- » **Identify the problem.** Analyze your failure, looking for mistaken assumptions, missed opportunities, and even bad luck. Understanding what happened helps you prepare to avoid pitfalls in the future.



- » **Broaden your perspective.** Study failures as opportunities and look beyond the narrow perspective of your own personal history. Research new ideas and how others overcame similar setbacks so you don't repeat the mistakes of the past.

NEW YEAR SOLUTION TIP

"Only those who dare to fail greatly can ever achieve greatly."

– Robert F. Kennedy

FOOD FOR THOUGHT


By Maria Givler

Mindful Eating in the New Year

We know the importance of eating foods that nourish us and keep us healthy. However, we often overlook *how or where* we eat. Are you in front of the TV? Do you hurriedly eat a sandwich at your desk because you are too busy to take a lunch? Do you eat in your car?

Research has shown that when attention is not focused on eating, digestive processes are 30-40% less effective which leads to gas, bloating, and discomfort. By slowing down the pace of our meals, we

savor the flavors and textures of foods, thus allowing our brains to receive important fullness signals.

Learn about the art of mindful eating [here](#). 



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PEHP WAIST AWEIGH

By Kellie Higgins

Having a Healthy Relationship with the Scale

Weight loss is a popular New Year's resolution. To succeed, choose to cultivate a healthy view of your body, including the number on the scale. Revisit a friendship with your scale by:

- » Setting a realistic weight goal – assess your ideal weight [here](#).
- » Understanding that weight fluctuates – choose a set time of day to weigh-in once or twice a week.
- » Allowing the scale to help you set boundaries. A healthy weight is a lifestyle.
- » The scale is only one tool to assess progress; use a measuring tape to track body fat and lean muscle.
- » Avoid making comparisons. Body types and weight vary by person, by gender, and by age. Focus on what is right for you!



NEW YEAR SOLUTION TIP

"Focus on your potential instead of your limitations."
– Alan Loy McGinnis

PEHP WAIST AWEIGH

LEARN MORE/
ENROLL
HERE

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

FIND GRAD
SUCCESS
STORIES
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
National Blood Donor Month Visit www.redcross.org to learn how to be a donor and save lives.			New Year's Day (PEHP Offices closed)			
Health Tool of the Week: Guide to Mind and Body Practices			January Workout Warrior Registration closes			
	HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	HU TESTING SESSION SLC: 10-12:15/1:30-4:15		HU TESTING SESSION West Jordan: 9-11:15/12-2:15		
Health Tool of the Week: Brain Games						
	HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	HU TESTING SESSION Herriman: 12-5:15	HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	HU TESTING SESSION Heber City: 10-12:15/2-5	
Health Tool of the Week: Biofeedback - Using Your Mind to Improve Health	Martin Luther King Day (PEHP Offices closed)					
		HU TESTING SESSION West Jordan: 12-5:15 Holladay: 12-5	HU TESTING SESSION SLC: 8:30-1:15	HU TESTING SESSION SLC: 7-12:15	HU TESTING SESSION SLC: 8-12:15/1:30-4:15	
Health Tool of the Week: Maintain your Resolutions using this free tool: My Goals			February Workout Warrior Registration opens		Chinese New Year	
	HU TESTING SESSION Clearfield: 9-12:15/1:30-4:15	HU TESTING SESSION Farmington: 9-12:15/1:30-4:15 Draper: 8:30-12:15/1:30-4:15	HU TESTING SESSION Am Fork: 9-12:15/1:30-4:15	HU TESTING SESSION West Jordan: 12-5:15		

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