Quit for a Day, Quit for Life

Tobacco use remains the single largest preventable cause of disease and premature death in the U.S., yet nearly 1 in 5 adults still smoke cigarettes.

Happily, the lowest smoking rates among adults are here in Utah at 9.2%. The Great American Smokeout is November 21 and encourages smokers to make a plan to quit, or to plan in advance and quit smoking that day. By quitting – even for one day – smokers will be taking an important step towards a healthier life that can lead to reducing cancer risk.

PEHP Wellness offers education, resources, and support to assist tobacco users who wish to quit. The PEHP Quitline is available to all eligible PEHP members, including spouses and dependents. Learn more by calling 1-855-366-7500 or click here.

We hope you enjoy this edition.

– Your PEHP Wellness Team

HOLIDAY HEALTH

Winter inversion got you down? Breathe easier knowing the air quality forecast for your area. Learn more by clicking here.

MAINTAIN DON’T GAIN

Maintain Don’t Gain Health Challenge is back!

What: Maintain Don’t Gain is a six-week, email-based challenge to help you be more active and eat well so you maintain or lose weight instead of gaining this season.

When: November 25 – January 6

Registration is open now and closes November 24, learn more and sign up here.

PEHP HEALTHY UTAH WEBINAR

Giving the Gift of Health

When: Friday, Nov. 1, 12-12:30 p.m.

Presenters: Leanne Geigle, Wellness Council Specialist and Lynda Blades, PEHP Wellness Manager

What: This holiday season give the greatest gift of all – health and well-being. Looking for gift ideas to keep your loved ones healthy and fit? Join us!

Register Now

TOBACCO USE

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Exercise & Tobacco Cessation

If you have set a quit date – congratulations! November is a great month to go tobacco-free during the Great American Smokeout. A fear of quitting tobacco is the chance of picking up the habit again. Here at PEHP Wellness we provide tools and resources to assist you along the way.

According to the Mayo Clinic, you should “Get Physical” to help you quit. Physical activity can help distract you from tobacco cravings and reduce the intensity of cravings. Get out for a walk or jog. If you’re at home or in the office, try squats, cubicle yoga, exercise at your desk with 60 second aerobics, or walk a floor of stairs a few times.

Learn 10 more ways to reduce the urge to smoke here.

RESOURCES

PEHP Quitline
855.366.7500

MOVE IT
By Matt Hill

WORKOUT WARRIOR
By Matt Hill

59 PARTICIPANTS IN SEPTEMBER

Great job Workout Warriors! Learn how to sign-up here.

Andrew C  Tammy K  Robin W
Anne S  James B  Star C
Bret VA  Janae B  Susan C
Constance O  Nan P  Teresa P
Coylene B  Kylie P  Tiffani M
Esmeralda M  Amber S  Debbie K
John S  Belva C  Lesleigh A
Karen J  Beverly P  Maryann S
Katherine C  Catherine R  Suzette A
Kelly H  Karen L  Katie S
Laura S  Kaylynn H  Sandra O
Nicole V  Ladonna K  Becky T
Sarah L  Lanette S  Candace W
Sherri K  Lindsay M  Cristene W
Tami G  Lorrie N  Debra A

PEHP Quitline
855.366.7500

HOLIDAY HEALTH

Keep moving during cooler months with creative outdoor activities such as making ice art or playing winter “horseshoes,” read more here.
Holiday travel and winter weather means increasing caution while on the road. A moment of inattention can lead to tragedy. Remember these basic rules of the road for safety:

» **Drive defensively.** Expect the unexpected whether you're on the highway or in the parking lot.

» **Keep your distance.** Maintain a safe distance between your car and any vehicle in front of you – at least one car length for every 10 mph of speed.

» **Get your rest.** Don’t get behind the wheel if you feel drowsy or distracted.

» **Avoid blind spots.** If you can’t see the face of the driver ahead of you in their side mirror – they can’t see you either.

» **Turn off your cell phone.** Most calls can wait until you’re safely parked and able to concentrate on the conversation. And NEVER text while driving.

**HOLIDAY HEALTH**

Pack leftovers with care after holiday meals. Keep containers chilled with ice packs or consider transporting food in the trunk. Remember to reheat leftovers to 165° F before serving.

**HEALTHY RECIPES**

Let’s continue the First Feast tradition with these healthy Thanksgiving recipes:

- **Pear Prosciutto Hazelnut Stuffing**
- **Solstice Stuffed Acorn Squash**
- **Whole Wheat Mediterranean Pie Crust**
- **Garlic Mashed Potatoes**
- **Apple Leek Butternut Squash Gratin**
- **Herb Roasted Turkey**

**FOOD FOR THOUGHT**

The brutal winter following the arrival of the Pilgrims in 1620 killed nearly half of the original Mayflower crew due to exposure, scurvy, and contagious disease. Thankfully, a few Native Americans taught the colonists to fish, hunt, and survive in their newly found land.

To celebrate the colonists’ first successful corn harvest, a three-day feast took place... the first Thanksgiving. The original Thanksgiving menu included venison, Indian corn, fowl, and barley. Pumpkin pie, potatoes, and stuffing joined the menu some two hundred years later. The first feast included many healthy foods... lean meat, whole grains, and vegetables.
For most of my life I have been in an unhealthy, obsessive relationship with food! I was addicted to sugar and I had no concept of portion size. Although I was pretty active, I was still not eating properly. I had to learn about nutrition and the vital role food plays in our lives. I also had to train myself to look at food as nourishment for my body, not for my soul.

Planning and preparing most of my meals in advance allowed me to know what and how much I was eating. During this, I continued to work out 3-5 times a week. My biggest piece of advice to everyone on this program is to never be afraid to ask for help.

Monti Bargsley lost 38 pounds. Read her Success Story in its entirety here.
## Mark Your Calendar

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<td><strong>PEHP Healthy Utah Maintain Don’t Gain Health Challenge</strong>&lt;br&gt;<a href="#">Register</a></td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;So. Jordan: 8:30-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Provo: 9-12:15</td>
<td><strong>November Workout Warrior</strong>&lt;br&gt;Registration closes</td>
<td><strong>October Workout Warrior Steps Due</strong></td>
<td><strong>All Saints Day</strong>&lt;br&gt;HU WEBINAR: Giving the Gift of Health&lt;br&gt;12-12:30 p.m; <a href="#">Register</a></td>
<td><strong>Thanksgiving Day</strong></td>
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<td><strong>Veterans Day</strong>&lt;br&gt;PEHP Offices open</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Am Fork: 9-12:15/1:30-4:15&lt;br&gt;Taylorsville: 8:30-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Springville: 8:30-11:45/1:3-45</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Logan: 9-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Eureka: 9-4</td>
<td><strong>Great American Smokeout</strong></td>
<td><strong>Hanukkah Begins at Sundown</strong>&lt;br&gt;December Workout Warrior Registration opens</td>
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<td><strong>Health Tool of the Week:</strong>&lt;br&gt;<strong>Healthy Hanukkah Recipes</strong></td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;SLC: 8:30-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;SLC: 8:30-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Fillmore: 8:30-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Delta: 10-12:15/1:30-3:15</td>
<td><strong>Daylight Savings Time Ends</strong></td>
<td><strong>Maintain Don’t Gain Registration Closes</strong></td>
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<td><strong>Health Tool of the Week:</strong>&lt;br&gt;<strong>Safety Prepare your Holiday Meal</strong></td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Draper: 8:30-12:15/1:30-4:15</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;SLC: 8:30-12:15/1:30-4:15</td>
<td><strong>Hanukkah Begins at Sundown</strong>&lt;br&gt;December Workout Warrior Registration opens</td>
<td><strong>HU TESTING SESSION</strong>&lt;br&gt;Salt Lake City: 8:30-12:15/1:30-4:15</td>
<td><strong>Veterans Day</strong>&lt;br&gt;PEHP Offices open</td>
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