



## FEATURE

### Practice Prevention and Eat Well

October is National Breast Cancer Awareness month. Breast Cancer will affect 1 in 8 women born in the U.S. at some point during her lifetime. The American Cancer Society offers [guidelines on nutrition](#) and lifestyle changes that may prevent breast



cancer. With early detection, breast cancer is 99% curable – click [here](#) to find a FREE clinic in your area. Prevention saves lives!

This issue of the PEHP Wellness newsletter focuses on [food smarts](#) – in other words, how to eat healthier. Read on and learn more about healthy holiday treats, reasons to eat that Halloween pumpkin, and simple tips to improve your diet.

We hope you enjoy this issue.

– Your PEHP Wellness Team

#### DID YOU KNOW?

#### JACK-O-LANTERNS – FUN TO CARVE, TASTY TO EAT!

Pumpkins are a low calorie vegetable rich in fiber, anti-oxidants, minerals and vitamins. Dietitians recommend this food to control cholesterol and to reduce weight. [Pumpkin seeds](#) are also a great source of protein and omega-3 fatty acids.




## PEHP HEALTHY UTAH WEBINAR

### Fun Healthy Holiday Treats

**When:** Tuesday, Oct. 1, 12-12:30 p.m.

**Presenter:** Maria Givler, PEHP Healthy Utah Registered Dietitian

**What:** With the advent of Halloween, we enter the season of holiday deliciousness! Learn how to enjoy healthy, holiday recipes.

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


## WELLNESS COURSE

### Powerful Brain Health Body Course

You and your dependents may be eligible for a free, six-week course designed to help you change your behaviors and shed unhealthy habits.

**When:** Tuesdays, Oct. 15 – Nov. 19, 6:30-8:30 p.m.

**Where:** Dept. of Environmental Quality, Board Room, 195 North 1950 West, SLC

Tuition waived for employees and dependents covered through Blomquist Hale Employee Assistance. Learn more and sign up [here](#). 

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## MOVE IT

By Matt Hill

# You Can't Out-Train a Poor Diet

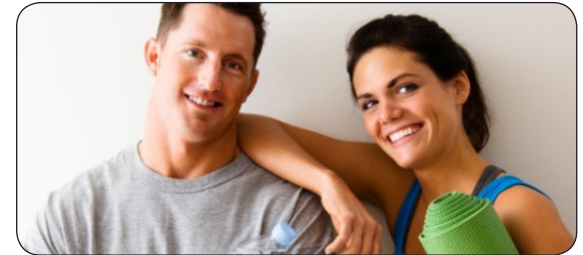
Are you fooled by the idea that just because you exercise that you can eat whatever you want? A poor diet will catch up to you. Proper nutrition is the catalyst to a great exercise routine whether you are an athlete or simply want better health. The right

combination of nutrients fuels you to success.

Choose foods wisely and reap the benefits of being properly fueled for exercise. This maximizes muscle growth, aides in recovery, and replenishes glycogen stores. Glycogen provides the energy and

endurance to power you through your workouts.

Food eaten before exercise should be relatively low in fat and fiber, moderate in protein, and relatively high in carbohydrates to maximize maintenance of blood glucose. Within 30 minutes after exercise,



foods and fluids should provide electrolytes, nutritious calories, protein, and carbohydrates to replace muscle glycogen and promote recovery.

Get pre- and post-workout sample meals [here](#).

## WORKOUT WARRIOR

By Matt Hill



Scare up some adventure this October for the Zombie Workout Warrior – [join us!](#)

**167 PARTICIPANTS IN SEPTEMBER** Great job Workout Warriors! Learn how to sign-up [here](#).

Adriann L	Becky T	Chelsie K	Donald B	Jamie W		Kim G	Lorrie N	Norman M	Sarah L	Suzette A
Alayna P	Belva C	Cheryl H	Ephra W	Janae B		Kimberly B	Lynette M	Penny W	Sean V	Tami G
Amanda W	Beth B	Cindy E	Haley T	Jeff G		Ladonna K	Lynn B	Perry T	Sherri K	Tamra F
Amber S	Beverly P	Constance O	Heather S	Jennifer W		Laura S	Lynn M	Robin G	Stacie T	Teresa P
Andrea G	Bonnie G	Coylene B	Heidi C	Julie W		Laween B	Maritza R	Ronnalee H	Star C	Thomas P
Andrew C	Brittany E	Cristene W	Holly F	Karen L		Lesleigh A	Natalie S	Samantha H	Stormi F	Thomas F
Anne L S	Candace W	Curt M	Jacob M	Karen J		Lindsay M	Nicole V	Sandra H	Susan K	Tiffani M
Annette C	Catherine R	Desiree E	James B	Katherine C		Kay H	Lisa E	Norman B	Sandra O	Susan W

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## SIMPLIFY YOUR LIFE

### Simple Tips for Healthier Eating


Losing weight takes discipline, a good diet, and plenty of exercise – and putting those three steps into practice can be challenging. Consider these helpful tips:

- » Don't starve yourself. You're more likely to make poor food choices when you're overly hungry.
- » Watch your post-exercise consumption. [Exercise burns fat](#), but maybe not as much as you think. Resist that urge to overeat after a workout thinking you've "earned" something extra.
- » Color-code your diet. Fruits and vegetables that are [red](#), [orange](#), [purple](#), or [green](#) are

nutrient rich. Include at least one in every meal.

- » Cut down on salt. [Too much salt](#) in your meals can contribute to weight gain. Substitute other spices to add flavor.
- » Drink lots of water. [Water](#) helps you feel full and also keeps your body hydrated.

#### DID YOU KNOW?

Beans or applesauce can replace the oil in baked goods such as brownies, cakes, and cookies. Both foods increase fiber and cut calories, plus, using beans adds protein. Read how [here](#). 

## FOOD FOR THOUGHT

By Maria Givler


### Fighting Disease Deliciously



Food is so much more than something that quiets hunger pangs or tickles the taste buds. Eating nutritious foods can play a huge role in preventing illnesses such as cancer and heart disease. Recommendations are:

- » Eating lots of fruits and vegetables.
- » Eating whole grains.
- » Enjoying non/low-fat dairy products instead of full-fat dairy products.
- » Including nuts and using olive oil instead of butter or trans fats (partially hydrogenated fats, found in many processed snack foods).
- » Limiting processed meats such as bacon, sausage, luncheon meats, hot dogs and red meat.

#### RECIPES

Want some simple ways to support health and wellness while tickling your taste buds? Find them here: [6 Healthy Snacks to Get You through the Work Day](#) 

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## PEHP WAIST AWEIGH

### GRADUATE STORY: LESLEIGH ASHBY

## Revamped Diet, Running Lead to 66-Pound Loss

Two years ago I celebrated my 40<sup>th</sup> birthday, and at 220 lbs, I was the heaviest I'd ever been. I felt tired and overwhelmed at the thought of being 40 with a 1-year old.

My diet was terrible; I ate out all the time, at all hours of the day (and night), and ate large amounts. This time I knew I needed to make changes that would last and that Weight Watchers and Waist Aweigh together could help me. By May 2012, I felt like I needed to do something more than just eating right, so I joined a local gym.

I started walking, then running on the treadmill. On Sept. 7, 2013 I ran my first half marathon. It's been great to help with the weight loss but what I really love is seeing the inches come off!



Lesleigh Ashby is 66 pounds lighter. Read her Success Story in its entirety [here](#).



*"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."*

—Ann Wigmore, founder of the Hippocrates Health Institute

### SHOUT OUT!

Congratulations to PEHP Waist Aweigh graduate . . .

Monti B., who graduated with a BMI of 24.7 and a total loss of 38 pounds. Way to go Monti!

LEARN MORE/  
ENROLL  
HERE

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
To see if you qualify for a free mammogram call Utah Cancer Control Program at 1.800.717.1811		<b>1</b> HU WEBINAR: Healthy Holiday Treats 12-12:30 p.m. <a href="#">Register</a>  HU TESTING SESSION Santa Clara: 9:30-12:15/1:30-3:45	<b>2</b> October Workout Warrior Registration closes HU TESTING SESSION La Verkin: 10-11:45/1-2:45	<b>3</b> HU TESTING SESSION St. George: 8:30-12:15/1:30-3:15	<b>4</b>	<b>5</b> <a href="#">No-Cook Breakfasts</a> 
<b>6</b> Health Tool of the Week: <a href="#">Probiotics in Your Diet</a> 	<b>7</b>	<b>8</b> HU TESTING SESSION Kaysville: 9-12:15/1:30-4:15	<b>9</b> HU TESTING SESSION Farmington: 9-12:15/1:30-4:15	<b>10</b> HU TESTING SESSION Layton: 8:30-12:15/1:30-4:15 Farmington: 10-12:15/1:30-3:15	<b>11</b> HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	<b>12</b>
<b>13</b> Health Tool of the Week: <a href="#">Food Allergies and Intolerances</a> 	<b>14</b> Columbus Day PEHP Offices open HU TESTING SESSION Murray: 8:30-12:15/1:30-4:15	<b>15</b> HU TESTING SESSION Richfield: 10-12:15/1:30-4:15	<b>16</b> HU TESTING SESSION Gunnison: 12-6	<b>17</b> HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15 Gunnison: 8-1:45	<b>18</b>	<b>19</b>
<b>20</b> Health Tool of the Week: <a href="#">Healthy Holiday Parties</a> 	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Missed the webinar? Visit our <a href="#">Archives section</a> 
<b>NATIONAL HEALTH EDUCATION WEEK</b>						
<b>27</b> Health Tool of the Week: <a href="#">Top 10 recipes using Pumpkin Seeds</a> 	<b>28</b>	<b>29</b> HU TESTING SESSION Ogden: 9-12:15/1:30-4:15 Manti: 10-12:15/1:30-4:15	<b>30</b> November Workout Warrior Registration opens HU TESTING SESSION Manti: 9-12:15/1:30-3:15	<b>31</b> Halloween		

**CLICK TO NAVIGATE**