



## FEATURE

### Aging Simply Means You're *Alive*!

September is **Healthy Aging** month. In this issue of the PEHP Wellness newsletter we offer tips and resources to help you live better, and live longer. Disregard those notions that the term "aging" is a negative one. To age simply means that we are *alive*. Does our body change as we grow older? Of course it does. Do we each have control over how well our body ages? Yes we do!

From the moment of birth our bodies begin to age. As we mature,



it is natural that each of us wants to feel and perform to the best of our abilities. In order to age well we must take responsibility for our health and PEHP Wellness is here to support you. We offer education, resources, programs, and incentives to help members improve their quality of life year after year.

Contact us to learn more.

We hope you enjoy this edition.

– Your PEHP Wellness Team

#### HEALTHY AGING

"There is a fountain of youth; it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age." – Sophia Loren

## PEHP HEALTHY UTAH WEBINAR


### Fad Diets

**What:** Fad diets abound ... don't fall for unsafe ways to lose weight. Learn how to recognize a fad diet and the dangers that come with them. Also learn if you qualify for PEHP Waist Aweigh, our weight management program.



**When:** Tuesday, September 2 at noon

**Presenter:** Maria Givler, PEHP Registered Dietitian & Jody Treu, PEHP Health & Wellness Coach

Register [here](#). 

**Remember:** All webinars are archived for future viewing – visit our archive section [here](#). 

## KNOWPLANACT

Log in to myPEHP at [www.pehp.org](http://www.pehp.org)  to access **Your Health Snapshot**, which displays your most currently available biometric values. Biometric values include cholesterol, blood glucose, blood pressure, and BMI (Body Mass Index). Based on your numbers, age, and claim data you'll learn your health risks and recommended guidelines. Missing current biometric data in your Health Snapshot? [Schedule a testing appointment](#). 

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## MOVE IT

By Melissa Miller



**A**ging is inevitable, though loss of physical fitness as we age is not. Maintaining a regular exercise routine year after year can improve balance, increase overall strength, and boost mental health.

The National Institute on Aging suggests that we

select exercises from four basic categories: endurance, flexibility, strength, and balance. Participating in exercise from each category will yield the most health benefits as you age. Nearly any activity can be modified if your physical abilities change.

Physical fitness is essential to healthy aging. Exercise can improve your ability to complete everyday tasks and live a full life. For more information on physical activity as a crucial element to healthy aging, visit the website for the National Institute on Aging here.

## WORKOUT WARRIOR

### 118 PARTICIPANTS IN JULY

The theme of the July Workout Warrior was **Finance Your Fitness** – 118 Workout Warriors



participated. Scott J. was the random winner of an Amazon gift card. Congratulations Scott!

The theme for September is **Fit at Any Age**. Learn more about Workout Warrior and how to participate here.

**Keep moving!**

### HEALTHY AGING

“Aging is not lost youth, but a stage of new opportunity and strength.”

– Betty Friedan

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## FOOD FOR THOUGHT

By Maria Givler

### Nutrition for Healthy Aging

It is important to understand how nutrition can benefit us as we age. Americans are living longer lives and those “golden” years should be the healthiest they can be. Just as a child’s needs differ from those of a high school athlete, key nutrients for older adults can support and maximize health and vitality.

Nutrients to focus on include calcium, vitamin D, vitamin B12, fiber, and potassium. Calcium and vitamin D help maintain bone health. Vitamin B12 is important for metabolism function;

helps create red blood cells, and protects the nervous system. Fiber can help to lower heart disease and supports digestive health.

[Potassium rich foods](#), coupled with a diet low in sodium, can help to manage blood pressure and maintain water balance in the body.

And...even though butter tastes great, using more olive oil, eating unsalted nuts and consuming fish twice a week can help keep our hearts healthy and strong.

Read more [here](#).

## SIMPLIFY YOUR LIFE

By Tiffany Anderson

### Maximizing Nutrients

Do you have a 401(k)? You’re investing in your future. Consistently eat a well-balanced diet? You’re investing in your health. Yet even the healthiest meal is useless without adequate digestion and absorption. Both can slow down and become problematic as we grow older.

**Digestion** requires a great deal of energy and begins in the *mouth* – chew thoroughly, meaning 20 times per bite. Rest in-between meals and give yourself a 2-4 hour break before eating again.

**Absorption** is how well our body utilizes food. Our stomach churns food and passes the work onto the



liver, pancreas, and small intestine. These organs are key players to absorb and distribute nutrients to our entire body.

Get the most from your meals – savor every bite, then rest and digest. Medications and health conditions can slow the digestive process. Speak to your doctor if you have concerns. Learn more [here](#).

#### HEALTHY AGING

“Beautiful young people are accidents of nature, but beautiful old people are works of art.” – Eleanor Roosevelt

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## PEHP WAIST AWEIGH

By Emily Mecham

# The Power of PERSPECTIVE

### HEALTHY AGING

*"We don't stop playing because we grow old. We grow old because we stop playing."*

— George Bernard Shaw

Research shows the more positively you view aging the more likely you will practice healthy lifestyle habits - such as eating a balanced diet and staying active.

Advancing age does increase your risk of certain health conditions. Studies also suggest that when you expect your health to worsen simply because you are getting older, you are more likely to neglect habits that could improve your health.

You have more influence on your well-being than you may realize. By believing that you can enjoy health and quality of life as you age, you empower yourself to eat nutritiously, make time for exercise, and maintain a healthy weight.

If a fear of getting older leads you to believe it's not worthwhile to maintain healthy habits, think again. Focus on what is in your control. Read more about positive aging [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**

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
	<b>1</b> <u>Labor Day</u> PEHP Offices Closed	<b>2</b>  HU TESTING SESSION <u>Draper</u> : 8-12:15/1:30-3:15 <u>West Jordan</u> : 12-4	<b>3</b> Sept Workout Warrior Registration closes  HU TESTING SESSION <u>Ogden</u> : 9-12:15/1:30-4:15	<b>4</b>	<b>5</b>	<b>6</b> 2014 NAMIWalks Event at Liberty Park: <u>Register</u>
<b>7</b> Grandparents Day  Health Tool of the Week: <u>Utah Legal Guide for Those 55 and Over</u>	<b>8</b>  HU TESTING SESSION <u>Blanding</u> : 12:30-5:30	<b>9</b>  HU TESTING SESSION <u>Monticello</u> : 10-12:15/1:30-5:15	<b>10</b>  HU TESTING SESSION <u>Blanding</u> : 10-12:15/1:30-5:15	<b>11</b> <u>Patriot Day</u>  HU TESTING SESSION <u>Blanding</u> : 10-12:15/1:30-5:15	<b>12</b>	<b>13</b>
<b>14</b>  Health Tool of the Week: <u>Utah's Centenarians</u>	<b>15</b>  HU TESTING SESSION <u>Fruit Heights</u> : 9-12:15/1:30-4:15	<b>16</b>  HU TESTING SESSION <u>West Jordan</u> : 12-4	<b>17</b>  HU TESTING SESSION <u>WVC</u> : 8-12:15/1:30-4:15	<b>18</b>  HU TESTING SESSION <u>Kaysville</u> : 9-12:15/1:30-4:15	<b>19</b>  HU TESTING SESSION <u>SLC</u> : 8-12:15/1:30-4:15	<b>20</b>
<b>21</b>  Health Tool of the Week: <u>Elder Rights Protection</u>	<b>22</b>  HU TESTING SESSION <u>Monument Valley</u> : 12-5	<b>23</b> Autumn begins  HU TESTING SESSION <u>Monument Valley</u> : 10-12:30/ 1:30-5:15	<b>24</b> October Workout Warrior Registration opens Rosh Hashanah Begins at Sundown  HU TESTING SESSION <u>Montezuma Creek</u> : 10-12:15/ 1:30-5:15	<b>25</b>  HU TESTING SESSION <u>Bluff</u> : 10-1	<b>26</b>	<b>27</b> <u>Family Health &amp; Fitness Day</u>
<b>28</b> <u>World Heart Day</u>  Health Tool of the Week: <u>Osher Lifelong Learning: Education After 50</u>	<b>29</b>  HU TESTING SESSION <u>SLC</u> : 8-12:15/1:30-4:15	<b>30</b>  HU TESTING SESSION <u>SLC</u> : 8-12:15/1:30-4:15				

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