# FEATURE

## Pedal powering through Bike Month

May is National Bike Month, sponsored by the League of American Bicyclists. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling – and, in the League's words, "encourage more folks to give biking a try." View the Utah Bike Month events held around the state here.

In this edition of the PEHP Wellness newsletter you can learn about and register for our May webinar discussing bicycling safety. Additional health and safety tips are also highlighted in the Food for Thought, Move It, and Simplify Your Life sections.

We hope that you enjoy this issue.

*– Your PEHP Wellness Team*

### SAFETY QUOTE

"Carelessness doesn't bounce; it shatters." *– Terri Guillemets*

# PEHP HEALTHYUTAH WEBINAR

**Confide in your Ride**

**What:** In honor of National Bike Month, PEHP Wellness presents a webinar discussing bicycle laws, safety tips, proper helmet use and details on bike routes around the state.

**When:** Noon, Thursday, May 1, 2014

**Presenter:** Keri Gibson, Utah Highway Safety Office

Register here.

**Can't make it?** All webinars are archived for future viewing – visit our archive section here.

# REBATE TAXATION

Effective July 1, 2014, FICA tax will be withheld from all wellness rebates. This will slightly lower any amount you receive. PEHP will mail additional tax information to you after you receive your rebate. Consult your tax advisor if you have any questions. Please note that this may not apply to all employers, check with PEHP or your employer if you're not sure.

PEHP WELLNESS
MAY 2014
A MONTHLY RESOURCE FOR HEALTHY LIVING
PRODUCED BY PEHP WELLNESS

# MOVE IT

By Melissa Miller

## Exercise Safety

Spring is finally here and more people are heading outdoors to exercise. Remember to keep fitness safety a priority when participating in outdoor activity. Here are a few tips for making outdoor exercise safe and more effective:

» **Stay hydrated.** Always have a water bottle with you when exercising outdoors for an extended period of time. More importantly, remember to actually drink it!

» **Wear proper exercise gear.** Wear good-fitting athletic shoes and wear breathable, comfortable clothing.

» **Location matters.** Use common sense and choose walking areas with sidewalks and cycle in bike lanes.

» **Pace yourself.** Especially if you are just beginning an exercise routine. Take adequate breaks when needed and don't push yourself if you get overly fatigued.

Learn more here.

### SAFETY QUOTE

"Know safety, no injury. No safety, know injury."

*–Unknown*

# WORKOUT WARRIOR

### 158 PARTICIPANTS IN MARCH

The March Workout Warrior theme was **Fuel Your Fitness** – 158 Workout Warriors participated. Suzanne B. was the random winner of an Amazon gift card. Congratulations Suzanne! The theme for May is ***Safe Steps.*** Learn more about Workout Warrior and how to participate here.

| | | | | | |
|---|---|---|---|---|---|
| Lilliam H | Koral V | Stacie T | Melanie D | Perry T | Susan R Kempff |
| Laura G | Debi G | Connie M | Laurie J | Chris M | Julie W |
| Fatiloloa F | Sandra O | Shauna N | Tammy M | Jennifer N | Selena J |
| Rebecca F | Debra A | Sharla A | Maryjan L | Linnea F | Rebecca G |
| Wendie M | Shannon A | Bonnie G | Nicole V | Leighann W | Dawn H |
| Lynn P | Cathy B | Cathy B | Heather F | Jessica F | Joshua B |
| Anne S | Dawn M | Janice F | Deborah D | Leslianne G | Marsha H |
| Joseph F | Adam B | Melanie D | Teresa R | Brie T | Irene S |
| Ladonna K | Amy R | Mona G | Kathy P | Ashley B | Paula M |
| Donald B | Wendy H | Jonathan S | Peggy M | Susan C | Max W |
| Jil B | Kathleen H | Heather C | Lesleigh A | Tiffany A | Marilee W |
| Suzette A | Charles H | Andrew C | Jamie W | Suzanne B | Laura S |
| Elizabeth C | Dorthea M | Paige S | Christina G | Brita B | Judith Z |
| Natalie M | Deena M | Lindsey H | Laura S | Belva C | Jennifer A |
| Shaunta Z | Karen M | Maritza R | Sarah M | Brenda J | Lori S |
| Charity M | Star C | Brenda S | Matthew J | Constance O | Candace W |
| Erin A | Eric P | John S | Lynette M | Teresa C | Sheri N |
| Tammy B | Micky R | Aliese F | Debbie K | Yvette H | Michelle M |
| Kaylynn H | Cindy L | Coylene B | Billie Jo S | Ryan M | J Randall U |
| Tami G | Lindsay M | Paulette W | Sherri K | Rebecca P | Donna C |
| Faifuaina S | Brook C | Christian M | Gaylene H | David B | Vickey B |
| Tiffani D | Connie L | Sula B | Catherine R | Allison B | Lorrie N |
| Tonya M | Tammy K | Marcel L | Rex F | Vance L | Jody T |
| Cristene W | Ashlee G | Kristen S | Kimberly B | Bryan S | |
| Amy F | Gary L | Melinda B | Lisa Ann D | Becky Smart | |
| Teresa P | Shauna H | Elizabeth H | Beverly P | Celeste R | |
| Andrew B | Katie S | Margene S | Randy A | Susan W | |

# FOOD FOR THOUGHT

By Tiffany Anderson

## Be Safe . . . In the Kitchen

The Centers for Disease Control and Prevention (CDC) estimates that each year roughly 1 in 6 Americans become sick from foodborne illnesses in the United States.

Salmonella infections alone cost $365 million in direct medical costs annually; meaning that one million people get sick from eating *Salmonella* contaminated foods every year. Foodborne illnesses can cause very unpleasant symptoms (diarrhea, cramping, fever, vomiting) – and some infections may even be fatal.

Preventing foodborne illness is not difficult. Increase

your food safety by following these steps:

» **Clean**: Wash hands and surfaces often.

» **Separate**: Don't cross-contaminate.

» **Cook**: Cook foods to proper temperature.

» **Chill**: Refrigerate foods promptly.

Visit www.fightbac.org for details and more information.

# SIMPLIFY YOUR LIFE

## Skin Health and Safety

Monday May 5, 2014 is **Melanoma Monday**. Do you know how to spot skin cancer? The American Academy of Dermatology slogan this year is *"Prevent. Detect. Live."* Learn the melanoma warning signs: **ABCDE** and how to **SPOT** skin cancer here.

PEHP member Al Romeo shared his experience with skin cancer and submitted a health success story to PEHP Healthy Utah. Al had met with his doctor for an annual exam and expressed his concern about a spot on his nose that hadn't gone away. He was referred to a dermatologist, and after a biopsy, was told that he tested positive for basal cell carcinoma. Al was lucky; he received prompt care and recovered safely. Read Al's entire success story here.

### SAFETY QUOTE

"Tomorrow is your reward for working safely today."

*– Robert Pelton*

# PEHP WAIST AWEIGH

## Waist Aweigh Incentives Gave Me the Extra 'Nudge'

I have struggled with my weight since about age 30. When my weight went over the 200 pound mark, I knew I had to do something. When I turned 50 my goal was to become healthier. When I attended a health session with PEHP Healthy Utah I found out about PEHP Waist Aweigh and the great incentives it offered. Because of Weight Watchers and a great PEHP Waist Aweigh coach, I now eat more fruits and vegetables than I've ever eaten before. I exercise regularly (5-6 days a week toning and walking) and my weight is down 50 pounds. My goal for maintenance is to continue with Weight Watchers so that I have the added checks and balances I need. Weight Watchers has been a great program for weight loss without feeling deprived.

FIND GRAD SUCCESS STORIES HERE

Read Jan's entire success story here.

Jan Hall lost 50 pounds in 13 months, and now eats more fruits and vegetables than ever before.

### SHOUT OUTS

Congratulations to Kate C. and Tara P. who both graduated from PEHP Waist Aweigh in April! Great job ladies!

### 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

**SAFETY QUOTE** "Precaution is better than cure." – *Edward Coke*

# MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session. CLICK HERE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | **1**<br>HU TESTING SESSION<br>Richfield: 8:30-12:15/1:30-4:15 | **2** | **3** |
| **4**<br>Health Tool of the Week:<br>Melanoma - Prevent, Detect, Live | **5**<br>Cinco de Mayo<br>HU TESTING SESSION<br>SLC: 8:30-12:15/1:30-4:15 | **6**<br>National Nurses Day<br>HU TESTING SESSION<br>Coalville: 9-12:15/1:30-4:15<br>SLC: 8:30-12:15/1:30-4:15 | **7**<br>May Workout Warrior Registration closes<br>HU TESTING SESSION<br>SLC: 9-12:15/1:30-4:15 | **8**<br>HU TESTING SESSION<br>Provo: 9-12:15/1:30-4:15 | **9**<br>HU TESTING SESSION<br>Provo: 9-12:15/1:30-4:15 | **10** |
| **11**<br>Mother's Day<br>Health Tool of the Week:<br>2014 SLC Walk to Cure Arthritis | **12**<br>HU TESTING SESSION<br>Provo: 9-12:45<br>Junction: 10-12:45/2-4:45 | **13**<br>HU TESTING SESSION<br>Provo: 9-12:15/1:30-4:15<br>Orderville: 9-12:15/1:30-4:45 | **14**<br>HU TESTING SESSION<br>Kanab: 9-12:15/1:30-4:15 | **15**<br>HU TESTING SESSION<br>Hurricane: 9-12:15/1:30-3:15 | **16** | **17**<br>Armed Forces Day |
| **18**<br>Health Tool of the Week:<br>OSHA Guidelines for Safe and Healthy Computer Workstations | **19**<br>HU TESTING SESSION<br>West Haven: 9-12:15/1:30-4:15<br>Moab: 12-6 | **20**<br>HU TESTING SESSION<br>Moab: 8:30-12:15/1:30-4:15 | **21**<br>HU TESTING SESSION<br>Blanding: 9-12:15/1:30-4:15 | **22**<br>HU TESTING SESSION<br>Monticello: 9-12:45 | **23** | **24** |
| **25**<br>Health Tool of the Week:<br>Utah Bicycle Commuter Guide | **26**<br>Memorial Day<br>PEHP Offices Closed | **27**<br>HU TESTING SESSION<br>Draper: 8:30-12:15/1:30-4:15 | **28**<br>June Workout Warrior Registration opens<br>HU TESTING SESSION<br>Draper: 8:30-12:15/1:30-4:15 | **29**<br>HU TESTING SESSION<br>SLC: 7-11:45/1-5:45 | **30** | **31**<br>World No Tobacco Day |