



# United 4Health

PUHSD Employee Wellness Newsletter

May is....

## Employee Health and Fitness Month



### MONTH STORIES

**02** Types of Exercise

**03** EAP: American Behavioral

**04** Recipe: Crunchy Cucumber Dill Salad

### IMPORTANT DATES

May 17 Senior Exams

May 21-22 Semester Exams

May 22 Last Day of Classes

May 22 Graduation Day

May 23 Graduation Day

May 24 No Classes/ Last Day of 9 Month Contracts

High Blood Pressure Education  
Skin Cancer Awareness  
Better Sleep Month  
Bike Month

It's never too late to start getting active. Being fit is important for everyone and will help you feel better and may even help you live longer.

If you haven't been active for a long time, you may have no idea where to start. The important thing is to take that first step—and make that first step a small one.

- Talk to your doctor before you start a fitness program, especially if you are older or worried about how exercise might affect your health. You may have health problems that limit what you can do.
- Don't overdo it! If it hurts, stop. Some minor soreness or stiffness is to be expected at first, but pain is a warning sign to stop.
- If you have been inactive for years, start with about 5 to 10 minutes of activity at a time, and increase your time as you get more comfortable with the activity.
- Try to improve only a little bit at a time. Pick one area for improvement first. Set your personal goal in that area, and meet the goal before trying another area.

Being active can make life better and keep you healthy. Many people become less active as they age, but staying active—or getting active, if you aren't already—has definite benefits.

## Types of Exercise

**Aerobic exercise** strengthens your heart—which improves your health—and gives you more energy to do the things you like to do. It can also increase the amount of sleep you get at night and may reduce the time it takes for you to fall asleep. Water exercise may be a good choice for some older adults.

**Strengthening exercises** can help you maintain your muscle, strengthen bones, and protect knees and other joints. These exercises include resistance training, such as lifting weights.

**Flexibility and stretching**—which help provide a full range of motion for muscles and joints—can help you function at home, at work, and socially. Everyday tasks that are hard for you, such as tying shoelaces or reaching to a shelf, may become easier. When you stay flexible, you also keep a more natural walking pattern and decrease your chance of falling. Most flexibility that seems to be lost through aging is caused not by aging but by inactivity or lack of movement.

**Balance exercises** help you have good posture. They can also be helpful to improve coordination and reduce your risk for falls. One type of balance exercise is to stand on one leg for 10 seconds. Stand on a flat surface and use a stable object (such as a heavy chair) for support. Yoga classes or DVDs can teach you poses that help improve your balance.



- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity.
- 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity.
- Or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.
  - Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.





American Behavioral

# Employee Assistance Program



Job Stress?



Parenting Stress?



Financial Stress?



Relationship Stress?

Sometimes the demands of our professional and personal lives become complicated and overwhelming. Your Employee Assistance Program (EAP) offers you and your dependents assistance with a variety of work life issues:

- Family and Marital Issues
- Legal and Financial Concerns
- Eldercare
- Stress
- Grief and Loss
- Child and Adolescent Issues
- Work Related Issues

- All eligible employees and household members are able to receive up to six (6) confidential short-term counseling visits, per participant, per issue, per year.
- This is a pre-paid benefit that is no cost to you.
- The EAP is not only free to all qualified employees and their households, but it is also confidential.
- American Behavioral clinicians are well versed in helping clients of all ages, from children to the elderly.
- Providers are accessible at numerous locations throughout the area.
- The EAP can assist with many different types of issues and concerns.

American Behavioral EAP is available when you need them, 24 hours a day, 365 days a year.

The EAP will also coordinate with the Phoenix Union High School District's healthcare plans, for cases that require treatment under your medical benefit.

\*Note: Participants are triaged via phone interview to determine the appropriateness of the issue for EAP (Short term counseling).

For more information, or to obtain a referral to a provider near you, please call 1-800-925-5327 or visit their website at <http://americanbehavioral.com/>.

Username and Password – person specific. Company Name = PUHSD

## Recipe

# Crunchy Cucumber-Dill Salad

### Ingredients:

**Tbsp. fresh lemon juice**

**2 tsp. olive oil, extra virgin**

**1/4 tsp. pepper**

**2 cucumbers**

**1/2 small red onion**

**1 Tbsp. fresh, chopped dill (or 1 teaspoon dried)**



### Directions:

- In a small bowl, whisk together lemon juice oil and pepper.
- Peel cucumbers, and slice in half lengthwise. Thinly slice halves into half-moon shaped pieces and place in a medium bowl.
- Thinly slice onion and add to bowl.
- Sprinkle dill on top of cucumber mixture.
- Add lemon juice mixture and toss well to coat.
- Cover and chill 1-2 hours and serve.

## Nutrition Facts

4 servings

**Calories**  
per serving

**35**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 2g	<b>1%</b>
Saturated Fat 0.5g	3%	Dietary Fiber 1g	4%
<i>Trans</i> Fat 0g		Total Sugars 2g	
Monounsaturated Fat 1.5g		Includes 0g Added Sugars	0%
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 1g	<b>2%</b>
<b>Sodium</b> 0mg	<b>0%</b>		
Vitamin D 0mcg	0%	• Calcium 0mg	0%
Potassium 0mg	0%	• Iron 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.