



# HEALTHY HAPPENINGS

June, 2013

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## HEALTHY FOOD ON A BUDGET

What's your biggest challenge around food -- eating healthy or buying healthy food that's affordable? We frequently get caught in the belief that making healthy food choices exacts a hefty cost on our budget.

This program will offer tips for ending the food that's best for us at a price we can afford to pay. This program also includes a couple of affordable, healthy recipes.

Earn 10 **Healthy Lifestyle Activity Points** when you attend this 1-hour presentation.

### [More Details](#)



*Congratulations  
to the  
Wellness Winners*

## Mark Your Calendars for the Annual Summer Slim-Down Contest

Look and feel great this summer by registering for the Summer Slim-Down Contest which begins July 8, 2013. This 10-week challenge will provide you with a list of resources to help you with meal planning, grocery shopping, exercise and food tracking, and other healthy lifestyle skills.



- Get motivated to accomplish a goal.
- Look better, feel better, and melt away some extra pounds.
- Earn **Healthy Lifestyle Activity Points** based on your success.
- Earn Wellness Bucks to purchase incentives just for participating.

### [More Details](#)

## Subsidized Gym Memberships now Available

Employee Wellness is subsidizing the membership rates at local fitness facilities for all Pima County employees and their family members. The rates apply to all new and current memberships.

### LA Fitness

**\$19.99/month per member**

### Platinum Fitness

**\$18.95/month per member**

Any employee, spouse, domestic partner, children 13+ living in the same household are eligible for these subsidized rates.

### YMCA of Southern Arizona

**Employee: \$20/month**

**Family: \$44/month**

Family includes 2 adults 21+ and any dependents under 21 living in the same household.



### [More Details](#)



Don't miss the  
**Online Presentation and  
Monthly Quiz**

## Blissful Banana Mousse



View and print  
this recipe as a PDF.

• • •  
**ADP/HR Benefits Solution**  
now displays your eligibility  
for **FY 2014-15** Healthy  
Lifestyle Premium Discounts.  
Log-on and click on the  
“Wellness” tab, then choose  
the “Healthy Lifestyle  
Premium Discounts” page to  
view the activities that are  
record for you. FY 2014-15  
discounts will be based on  
activities done between  
03/01/2013 and 02/28/2014.



## The More you Move, the More you'll Gain... In Rewards that is

There are exciting new changes to the Seasonal Fitness Challenge. You now have the opportunity to earn even more **Healthy Lifestyle Activity Points** (HLAP's) based on the total exercise minutes you track on your monthly Exercise Tracking Log.

Challenge Level	Total Minutes Per Month	HLAP's
Challenge Pro	600 – 999	10
Gold	1,000 – 1,499	15
Platinum	1,500+	20

Exercise Tracking Logs submitted from March, 2013 moving forward will be considered part of the new points system.

### More Details

## Happy, Healthy Father's Day

Today, more and more people are surviving cancer, thanks to advances in treatment and to screening tests that can find cancer early, when it's more treatable. In honor of Father's Day, help the men in your life stay healthy by encouraging them to follow the American Cancer Society's screening guidelines for these cancers:

### Colon Cancer

Many colon cancers begin as growths called polyps. If these polyps are found through screening and removed before they turn into cancer, the disease can be stopped before it starts. Start testing at age 50, or younger if people in your family had colon cancer, or if you have a history of certain colon problems. Talk to your doctor about your history and which test is right for you.

### Prostate Cancer

Starting at age 50, men should talk to their doctor about the pros and cons of prostate cancer testing, and then decide if they want to be tested. Men at high risk (African American men and those with a family history of the disease) should have this talk at age 45 or 50.

### Skin Cancer

During your regular checkups, have your doctor check your skin for signs of skin cancer. If you notice any skin changes or new skin problems, tell your doctor right away.