



JUNE 2013

# Health bulletin

ARIZONA PUBLIC EMPLOYERS HEALTH POOL

SUMMER EDITION



*It's time to put the notion of "dumb jocks" to rest.*

## Exercise makes you smarter, so hop on that treadmill and get moving!

A small new study suggests that exercise can make middle-aged people smarter. When sedentary adults were put on a four-month exercise routine, their ability to think, recall, and make quick decisions all improved significantly. In other words, the fitter people became, the sharper their mental skills became. For this study, participants who were initially overweight and inactive worked out four times a week — with stationary bikes and resistance training. Though the findings are preliminary, this is not the first study to link regular exercise with increased brain function. Recent findings also suggest that regular physical activity helps keep the brain from shrinking as we age, and it may protect against other damaging changes. Aim for 150 minutes (or more!) of moderate to strenuous physical activity each week.



*Courtesy ClevelandWellnessClinic.com*

## 2013–2014 PLAN UPDATE

Please note the 2013–2014 plan changes below:

- Up to three visits to a dietician covered at 100%.
- \$10 co-pay maximums for generic drugs (may vary by plan).
- Contraceptives for women covered at 100% (generics only).
- HSA contribution maximums increased to \$3,250 for individual coverage and \$6,450 for family coverage.

DON'T FORGET THAT DEDUCTIBLES WILL RESET ON JULY 1.





Mango Salsa

Find this and many other healthy recipes here: <http://bit.ly/18cdiQr>.



© Randy Glasbergen / glasbergen.com  
 "Chasing the ice cream truck does not count as a summer fitness program."

WOULD YOU LIKE TO WIN \$50?



Simply answer the questions below and submit your response before Friday, July 19, 2013 to:

APEHP  
 333 E. Osborn Road, Suite 300  
 Phoenix, AZ 85012  
 (or fax to 602-222-3878)

## Keep your knees stable and injury-free

Did you know that more than half a million Americans undergo knee replacements every year? That's a lot of achy knees. According to yoga therapist Judi Bar, a program manager at the Cleveland Clinic Wellness Institute Center for Lifestyle Medicine, weakness in the knees can cause ankle and foot pain and impede balance. To keep knees strong and healthy, practice strength-training. Strong leg muscles act as shock absorbers for your knees; they support the knees and reduce stress on the joints. Flexibility, meanwhile, helps you maintain your range of motion and prevent injury. For sound, stable knees, try the modified squat described below. It will help strengthen your quads, glutes, and hamstrings. Do three sets of 12 every even day (the 2nd, 4th, 6th, etc.).



through your heels and bring your body back up to standing. You should feel this exercise in your thighs and buttocks.

*Courtesy ClevelandWellnessClinic.com*

Stand with your feet shoulder distance apart. Put your hands out in front of you, or lightly hold on to the back of a chair or a wall for balance. Keep your chest lifted, and slowly lower your hips about 10 inches, as if you are sitting down into a chair. Do not bend forward at the waist, and make sure your knees do not go past your toes. Plant your weight in your heels, and hold the squat for five seconds. Push



Answer all the questions correctly, and you will be entered into the drawing.

GOOD LUCK!

1. What can make you smarter?  
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2. When you say "seltzer" and "salsa," does it sound the same?  
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 \_\_\_\_\_
3. Name a simple exercise that does not involve chasing an ice cream truck.  
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### Your Contact Information

Name: \_\_\_\_\_  
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