



# NAPEBT News

## Your Benefits Connection

SEPTEMBER 2008

NORTHERN ARIZONA PUBLIC EMPLOYEES BENEFIT TRUST

### BENEFITS UPDATE – INFORMATION YOU NEED WHEN YOU NEED IT.

Visit the official NAPEBT website at [www.napebt.com](http://www.napebt.com), where you'll find all of the latest benefits information, forms and links to providers from your employer's benefits webpage.

Northern Arizona Public Employees Benefit Trust (NAPEBT) is committed to offering our members information and timely articles to improve your everyday health and well-being. Check out the links for [www.caloriecounter.com](http://www.caloriecounter.com) and [www.sparkpeople.com](http://www.sparkpeople.com) for comprehensive wellness information.

Access to information on meal planning, exercise programs and maintaining a healthy lifestyle has never been easier and more convenient. Log on today and join a discussion group or find others with common goals and interests by becoming part of a SparkTeam. The team approach to fitness and nutrition greatly increases your chances of success.

Log on to [www.sparkpeople.com](http://www.sparkpeople.com) to get connected and stay connected to a healthy lifestyle that fits your busy schedule.

### AQUAPLEX OPENS ITS DOORS

*The long awaited opening of the Flagstaff Aquaplex is finally here!*

NAPEBT is offering employees and their family members a 10% discount on annual membership passes. Highlights of the facility include a beautiful open gallery and public lounge, indoor leisure pool, lazy river current channel with vortex, two body slides, kids splash area and zero entry to pool, three-lane lap pool and outdoor deck area, men's, women's and family locker rooms, fitness and aerobic rooms, multi-activity gym, climbing walls, indoor walking and running tracks, game room, babysitting area for small children, and meeting facilities.

A family of four could use any part of the facility for a weekly cost of about \$2 per person. To get more information, go to at [www.napebt.com](http://www.napebt.com) and click on the Healthy Lifestyle link from the home page.

### GETTING REVVED UP ABOUT THE COST OF GAS?

This year, we've seen the price of gas go up. Along with the resulting dent in our wallets and pocketbooks, we're hearing news reports and reading articles telling us it's time to do our part to conserve energy and reduce our dependence on foreign oil.

**The new call is to "Go Green!"**

### CUT COSTS BY PUTTING YOUR FOOT DOWN!

*So what can we do?* Fall in Flagstaff is the perfect time to leave the car in the garage and let your feet take you where you want to go. The fresh crisp air can wake up your senses and give your body a turbo boost of energy while helping your heart stay healthy. Here are a few tips on what you can do to reduce your energy costs while tuning up your own engine.

- Walk with the kids to school or soccer practice.
- Ride a bike or walk to do shopping or errands.
- Park several blocks away or at the end of the parking lot.



### DAYDREAM ON YOUR WAY TO WORK

Riding the bus to work not only saves on emissions and the cost of gas in your tank, but also allows you to relax and let someone else do the driving. Use that time to get your thoughts together for the day, plan the family menu or just catch up on your pleasure reading. When you purchase a monthly Pass on the Mountain Line, you'll save even more with unlimited rides for one low price, and your kids (6 and under) ride free with your paid fare.

If you are a Flagstaff area employee working for the County or City, you can do your part by using the **ecoPASS** program. Your **ecoPASS** gives you free unlimited access to all Mountain Line Transit routes, regardless of the purpose of the trip. The goal of the program is to reduce air pollution and traffic congestion, as well as lessen the impact on already crowded parking. In addition, if you have an emergency, or unscheduled overtime (authorized by your supervisor), the Guaranteed Ride Home Program allows employees to use a taxi at no cost to you. For more information, or to see if your employer will participate in the **ecoPASS** program, contact your Human Resources Representative.



*Living a healthy lifestyle is one of the many choices we make. By providing you with tools and useful information, we hope you'll find the right solutions to maintain your healthy lifestyle.*

## **Omega-3 and Omega-6 – Balancing The Essential Fats**

As more researchers look into healthy diet choices, fat is rising to the top of the list. Omega 3 and Omega 6 are considered essential fats because your body uses those fats to attack some of the damage done by the bad fats we eat. By eating the right kinds of fat, you can actually reduce inflammation and help prevent risk factors associated with heart disease, high cholesterol, high blood pressure, cancer and arthritis.

You could take an over-the counter-supplement, however, there are lots of tasty ways to add essential fat into your diet. You'll find omega-3 in flaxseeds, walnuts, salmon, halibut, shrimp, steamed broccoli, and winter squash, while you'll find omega-6 essential fatty acids in oils derived from safflower, sunflower, corn, soybean, walnut, wheat germ, hemp, and pumpkin.

It's important to maintain the right balance of omega-3 and omega-6 fats in your diet because they work together to promote better health. Moderation is the key to the lasting effects of any lifestyle change. A good rule to follow would be a ratio of 3 omega-6 to 1 omega-3.

Studies have shown that increasing the amount of omega-3 in your diet actually increases your HDL or good cholesterol and lowers your LDL or bad cholesterol. By eating at least 2 servings of fish per week you could reduce your risk of stroke by 50%. However, too much of a good thing can be harmful – people who eat up to 3 servings of fish per day can actually increase their risk. That's why it's always wise to talk to your doctor before making any major changes to your diet or exercise program.



*Salmon and walnuts – two of the best dietary sources of Omega-3's – come together in a scrumptiously simple dish.*

### **Baked Salmon with Basil Walnut Pesto**

Serves 5

1 cup loosely packed fresh basil leaves

1/4 teaspoon salt

1 small garlic clove, sliced

1/3 cup toasted walnuts

3 to 4 tablespoons olive oil

1 teaspoon fresh lemon zest

16 oz. salmon fillet, with or without skin

1 large tomato

salt and pepper to taste

To prepare the pesto, combine the basil, salt, garlic, nuts and olive oil in a food processor and process until smooth. Add more olive oil or a tablespoon of water if the mixture is too thick. Adjust salt to taste. Set aside.

To prepare the salmon, preheat oven to 450°. Measure a piece of aluminum foil to more than twice the length of the fish. Lightly oil the foil and place fish on the foil. Spread pesto over fish and top with sliced tomatoes. Lightly season with salt and pepper.

Bring foil together over the fish and fold at least two times to seal well on top and along the sides. Place the salmon package on a baking sheet and bake in the preheated oven for 10-12 minutes. Cool slightly before opening; serve.

*Nutrition facts/serving (134g): Servings = 5*

Calories: 255, calories from fat: 166, total fat: 21g, saturated fat: 2g, cholesterol: 49 mg, sodium: 166mg, total carbohydrates: 2g, fiber: 1g, sugar: 0g, protein: 19g. Vitamin A: 12%, vitamin C: 9%, calcium: 3%, iron: 7%

## **ANNUAL WELLNESS AND HEALTH FAIR**

Keeping a watchful eye on your health is important to all of us, so once again we are going to offer SMAC 30 tests this fall. Employees and their families, as well as NAPEBT retirees are encouraged to participate. The first event will be held October 17-18 at the Flagstaff Aquaplex.

The SMAC 30 is a quick and easy way to monitor many of the top five health risk factors such as high blood pressure or cholesterol, obesity, stress, smoking, and lack of exercise. This year we will be adding PSA and skin cancer screenings along with a hearing test.

You will also be able to visit information tables to learn more about the benefits available to you such as smoking cessation, New Frontiers – healthy eating, CPR training, nutrition, exercise, ergonomics and more.

Visit [www.napebt.com](http://www.napebt.com) and click on Healthy Lifestyles for more information on dates and additional locations, or contact your HR department.

## **YOUR HR DEPARTMENT REPRESENTATIVES**

You can get more information about your benefits by contacting:

**Coconino County:** 679-7104

**The City of Flagstaff:** Debbie Gangloff 779-7698

**Flagstaff Housing Authority:** Deborah Beals 526-0002

**Coconino Community College:** Drew Sharp 226-4268

**Flagstaff Unified School District:** Carrie Cromer 527-6071

**NAIPTA:** Judy Jones 679-8920

**CCRASD#99:** Tina Wells 779-6592

*This newsletter highlights certain benefits of the Northern Arizona Public Employees Benefit Trust. The official Plan Documents contain the rules of the Plan. If there is a discrepancy between the information in this newsletter and the Plan Documents, the Plan Documents will govern.*