

## Member Focus—

### Walk the Walk champion named

Ronald Campbell outstepped more than 1,400 of his peers to claim top honors in Educators Mutual's statewide "Walk the Walk" competition. Educators Mutual provided pedometers to elementary teachers, administrators, and classified employees at nearly 200 schools throughout Utah in an effort to help leaders set a healthy example for students.

Ronald Campbell, a teacher at Manila Elementary in Alpine, led all participants, recording 3,813,959 steps, to claim the title as Utah's Most Active Educator in the Teacher Competitive Division.

Three other teachers and administrators share the title in

their respective divisions: Susie Gaily, Teacher Standard Division, Carl Sandburg Elementary; Darin Nielson, Administrative Competitive Division, Bunderson Elementary; and Marjorie Walker, Administrative Standard Division, Bunderson Elementary.

Each of the winners received a check for \$500 to be used for healthy activities for their classes or schools, as well as a retreat for two to the Zermatt Resort & Spa in Midway.

The goal of Walk the Walk has been to help foster greater activity among children by motivating their teachers and administrators to be more active.

In its third year, Walk the Walk experienced participation from approximately 1,400 teachers, administrators, and classified employees at nearly 200 elementary schools statewide.

Educators tracked activities using pedometers during March and April. Teachers also received bonus steps for activities with students and for creating a healthy classroom plan. Participants recorded 378,029,207 steps, or 189,014 miles—the equivalent of 7,269 marathons and approximately 7.6 times around the earth—and burned more than 5,400 pounds of fat (based on 100 calories per mile).

Three teachers also were awarded Best Healthy Classroom Plans and will receive \$100 for their classes. The winners in this category are Alyssa Christensen at Meadow Elementary, Susie Gaily at Carl Sandburg Elementary, and Marilyn Linares at Ibepah Elementary. The healthy classroom plans are posted as a resource for teachers at <http://www.educatorsmutual.com/walkthewalk/contestWinners.aspx>.

## Walk the Walk: Making a difference

It was an amazing contest. I can't believe how my capacity to walk increased as the weeks passed. While I wasn't trying to lose weight, I lost about 8% of my body mass. I feel like I have walked across the plains. It was helpful to have another teacher in my school that took the contest seriously, we seemed to motivate each other. Thanks for sponsoring the contest!

~Darin Nielson, Bunderson Elementary

I just wanted to thank you. Even if I don't win, I won something huge. I have been doing a lot of after school activities with the kids like hiking, Frisbee golf, etc. I took a hike on Saturday up to Easter Falls with the kids and one little boy who doesn't get to do a lot and doesn't have many friends said "This is the biggest thing I've ever done in my life." And I've had a bunch of kids who don't normally play sports come do dodge ball, etc. actually beat the "athletic" kids which has been a huge boost to their self esteems. So thank you for helping me see another way I can reach kids and change their lives in a positive way!

~Barbara Klein, Bunderson Elementary

My numbers are small but I have to tell you that this little pedometer has improved my number of daily steps walked by "leaps and bounds." Thanks for the program, the pedometer, and the hope.

~Marva Peterson, Pahvant Elementary

This program is working great at my elementary. Our secretary got over 20 people signed up and excited about it. You should see how many of our teachers are doing whatever they can to get more steps. It has been wonderful!!

~Shane Rowley,  
Grandview Elementary

*Administrative Focus—*

## Lead your employees to good health and savings

There is a lot of talk today about the rising cost of health care; and while many of the possible solutions are long-term considerations that rely on the consolidated efforts of many, there are some simple things you and your employees can do today to save money and live better lives right now.

It is estimated that 60 to 90 percent of all doctor visits stem from stress-related factors, so you can start by finding ways to relax. Practice deep breathing, meditation, or just listen to soothing music. Another great way to beat stress is to get at least 30 minutes of physical activity a day, which brings us to another cost-saving measure.

According to a recent article on CNNMoney.com, obese people pay about 26 percent more in medical costs than those who are in shape. If

you're not ready to join a gym or hire a personal trainer, you can get amazing benefits just from walking more. Aim for 10,000 steps a day.

While we're talking about weight-loss, you may also want to consider brown-bagging it. Home-cooked meals contain 20 percent less fat on average than restaurant meals.

You already know that smoking is bad for your health, but it bears repeating. Besides the cost of the cigarettes, smokers pay on average \$1,600 more per year in health care costs than nonsmokers.

How much did you spend last year on flu shots and over-the-counter cold and flu medicines? These products can be useful, but you may be missing the most effective preventive treatment around: washing your hands thoroughly and frequently, especially before and after touching food and after contact with any potential contaminants.

While you are at the sink, you might want to floss your teeth as

well. In addition to being the best way to prevent periodontal disease, the cleanliness of your mouth also has a profound effect on your overall physical health.

Despite your best efforts, you may occasionally need to see a doctor. When you do, you can save costs and protect your health by following the doctor's orders, especially when it comes to taking medication. According to the Merck Manual of Medical Information, roughly half of all patients don't follow instructions, which results in 10 percent of all hospital visits.

If your doctor does prescribe a new medication, ask for samples, and ask if a generic medication is right for you. On average, generic prescriptions are just one-third the cost of brand-name drugs.

This is just a start, but one that can begin showing results immediately with little effort.

*Source: Cybele Weisser and Amanda Gengler, "50 Ways to cut your health-care costs," CNNMoney.com.*

email comments to [chawkes@educatorsmutual.com](mailto:chawkes@educatorsmutual.com)

Editor: Christie Hawkes

President: Andy I. Galano, Ph.D.

[www.educatorsmutual.com](http://www.educatorsmutual.com)

Phone: (800) 662-5850 • Fax: (801) 269-9734

852 East Arrowhead Lane  
Murray, UT 84107-5298

Educators Mutual Insurance Association



# BeneFacts

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