



The Power of Strength Training for Healthy Aging

LOOKING AHEAD...

Wellness Program: HRA Minimum Threshold

If enrolled in the Enhanced or Basic Health Plan, learn how to reach the \$500 minimum threshold.

MoveSpring July Challenge: Outdoors Adventure

This month you are challenged to spend 30 minutes outdoors participating in recreational activities for 25 days.

Wellness Webinars

Learn how to overcome obstacles, cope with perfectionism, manage and pay off debt, and the basics of Social Security.

The Recipe Corner

A delicious and easy grilled salmon and peach recipe cooked in a bold spice rub.

As the days grow longer and the sun shines brighter, summer is the perfect time to embrace a more active lifestyle. From boosting our energy levels to improving our overall health, strength training is a fantastic way to stay fit and feel great. As we age, maintaining physical health becomes increasingly important. One of the most effective ways to ensure a healthy body is by engaging in regular strength training. It's a vital component of healthy aging which offers numerous benefits, particularly for older adults.

Muscle Mass: Use it or Lose It

One of the primary benefits of strength training is its ability to combat sarcopenia, the age-related loss of muscle mass and strength. According to the [National Institute on Aging](#) (NIA), muscle mass and strength typically peak around 30 to 35 years old and begin to decline thereafter. This decline accelerates after the age of 65 for women and 70 for men. However, regular strength training can significantly slow this process, helping to maintain muscle mass and strength well into older age.

Improving Mobility and Reducing Fall Risk

Strength training plays a crucial role in improving mobility and reducing the risk of falls. Falls are a leading cause of injury among older adults, often resulting in fractures and other serious health issues. [Research](#) published in the *Journal of the American Medical Association* (JAMA) indicates that strength training enhances physical function and balance, thereby reducing the likelihood of falls. Our muscles also play a crucial role in supporting and protecting bones and joints, which can help mitigate the impact of injuries and speed up recovery.

Enhancing Quality of Life

Strength training triggers many body reactions that [protect us against chronic disease](#). It helps to lower blood pressure, improve blood sugar, and alleviate symptoms of chronic conditions such as diabetes and heart disease. Beyond physical health, strength training has been shown to enhance mental health by reducing symptoms of depression and anxiety and promoting a sense of well-being and independence.

Maintaining an active lifestyle, which includes strength training, can help us remain independent as we age and enjoy a higher quality of life for longer. If you are new to strength training, it's important to start slowly and gradually increase the intensity of your workouts. Simple exercises, such as lifting light weights, using resistance bands, or performing body-weight exercises, like squats and push-ups, can be highly effective. If you enjoy walking, add an extra layer of challenge by walking with a weighted vest or backpack to improve bone density and increase strength. The Physical Activity Guidelines for Americans recommends strength training exercises for all major muscle groups at least two days a week (about 60 minutes/week).

Regardless of age, strength training offers numerous health benefits that can help us lead active, fulfilling lives.



RCAB Health Benefit Trust Wellness Program

It's the start of the new Plan Year and the Wellness Program has reset! This means that you can earn additional HRA or HSA dollars, up to the Plan Year maximum.

If you're new to the Wellness Program, the RCAB Health Benefit Trust provides financial incentives to active employees and spouses enrolled in one of the RCAB Health Plans for completing wellness activities outlined in the [Wellness Program flyer](#). These activities encourage you to adopt a healthy lifestyle.

How much can I earn in the Wellness Program?

If enrolled in the Enhanced or Basic Health Plan, you and your spouse can each earn up to \$1,000 this Plan Year into a tax-free Health Reimbursement Arrangement (HRA) account with HealthEquity. If enrolled in the High Deductible Health Plan (HDHP), you and your spouse can each earn up to \$500 into a tax-free Health Savings Account (HSA) with HealthEquity.

Important Note: As a reminder, as of July 1, if you are enrolled in the Enhanced or Basic Health Plan, you must earn \$500 through participation in the 2025-2026 Wellness Program before new HRA dollars are deposited into your HealthEquity HRA account. If you are enrolled in the HDHP, you are not subject to this change.

How do I reach the \$500 minimum threshold?

You can reach the threshold by completing any of the wellness activities outlined in the Wellness Program flyer. Outlined below are two examples of how you can earn \$500 into your HealthEquity HRA by September. For an explanation of each wellness activity, please refer to page 2 of the [Wellness Program flyer](#).

Wellness Activity	Example 1	Example 2
Health Assessment	\$50	\$50
Well Visit	\$100	\$100
Two Plans for Wellness	\$50 (\$25/each)	\$50 (\$25/each)
Two Family and/or Worksite Events	\$50	\$50
Dental Visit	\$100	N/A
Cancer Screening	N/A	\$100
July MoveSpring Challenge	\$50	\$50
August MoveSpring Challenge	\$50	\$50
September Challenge	N/A	\$50
Wellness Reward – gym membership dues	\$60 (July - September: \$20/month)	N/A
Total HRA Dollars:	\$510	\$500

To learn more about the Wellness Program, please visit catholicbenefits.org/wellness.



Wellness Webinars

Overcoming Obstacles: CBT Strategies for Minority Mental Health

Use access code **RCAB** to view the webinar.

[Tuesday, July 15: 12-12:30 p.m.](#)

Have you ever felt singled out in a crowd or different from those around you? While you may sometimes feel more isolated in the midst of differences, variety can add richness to the world. In this webinar brought to you by the Learn to Live clinical team, explore how Cognitive Behavioral Therapy (CBT) strategies can help you reshape thoughts and actions to build resilience and inner peace.

Resisting the Pressure to be Perfect Use access code **RCAB** to view the webinar.

[Tuesday, July 29: 11-11:30 a.m.](#)

Do you ever feel like you're not quite good enough, no matter how hard you try? When you put high pressure on yourself and always strive for perfection, it can leave you feeling anxious and stressed. Learn to Live's clinical team will discuss the impact of perfectionism and share practical tools to help you move forward with more self-compassion and freedom from the high pressure of perfectionism.

Voya Financial Webinars

Prioritize and Manage your Debt

[Tuesday, July 8: 10:00 a.m. and 2:00 p.m.](#)

[Tuesday, July 22: 12 p.m. and 3:00 p.m.](#)

Learn how to understand and prioritize your debt, while also creating a plan to pay it off.

Social Security Basics

[Tuesday, July 22: 10 a.m. and 2:00 p.m.](#)

In this session, you'll discover the essential benefits of Social Security, understand its personal impact, and explore your options. You'll also learn about additional resources to guide your next steps.

Webinar Recordings

View the recorded webinars from last month!



PLAY NOW!

[Squirrels and Shiny Objects: Addressing Problems with Focus and ADHD](#)

[Addressing Anxiety in Uncertain Times](#)

Use access code **RCAB** to access recordings.

MoveSpring

July Challenge: Outdoors Adventure



Spending time outdoors can improve your physical, mental, and emotional well-being. For 25 days this month, you are challenged to spend at least 30 minutes outside engaging in recreational activities, such as walking, jogging, biking, hiking, gardening, or playing sports. Enjoy fresh air, soak up some sunshine, and stay active. By the end of the month, you'll feel more energized, refreshed, and connected to nature!

Employees and spouses enrolled in the RCAB Health Plans may click [here](#) or scan the QR code to join by July 7.



Earn \$50 into your HealthEquity HRA or HSA (subject to Plan Year maximums) when you complete this Challenge!

THE RECIPE CORNER

Grilled Salmon and Peaches with Basil-Pistachio Gremolata

Recipe from [Eating Well](#)

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Yield: 4 servings

An easy and nutritious recipe for a summer BBQ or just a quick dinner.

Ingredients

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon brown sugar
- 1 teaspoon kosher salt, divided
- ½ teaspoon garlic powder
- ¼ teaspoon ground red pepper
- 1 (1 1/2 pound) salmon fillet, skin-on
- Cooking spray
- 1 small red onion (about 9 ounces)
- 2 large peaches, slightly firm
- 2 tablespoons olive oil
- ¼ cup chopped dry-roasted pistachios
- ¼ cup chopped fresh basil
- 2 teaspoons grated lemon zest



Preparation

1. Prepare grill for indirect grilling: Heat one side of a gas grill to medium-high (400 degrees F) or push hot coals to one side of a charcoal grill. Maintain temperature at about 400 degrees F.
2. Combine cumin, chili powder, sugar, 3/4 teaspoon salt, garlic powder, and red pepper; rub evenly over flesh side of salmon.
3. Cut onion into 8 wedges, leaving root end intact. Cut each peach in half, remove pit, and cut each half into 4 wedges (16 wedges total). Place onion and peach wedges in a medium bowl, drizzle with oil, and toss gently to coat.
4. Place salmon over hot coals or gas burners on oiled grill rack (over direct heat). Close lid and grill until skin becomes crisp and lightly browned, about 4 to 5 minutes.
5. Move salmon to unheated side of grill for indirect grilling: On a gas grill, turn off burners under salmon and turn on burners on the other side of grill. On charcoal grill, carefully rotate grill rack using oven mitts so that salmon is over the unheated side of grill. Arrange onion and peach wedges over hot coals on oiled grill rack (over direct heat).
6. Close lid and grill until salmon flakes when tested with a fork and onion and peach wedges are well marked, about 4 to 5 minutes for salmon (no need to flip) and 1 to 2 minutes per side for onions and peaches.
7. Remove from grill; sprinkle onion with remaining 1/4 teaspoon salt. Arrange salmon, peach wedges, and onion wedges on a platter.
8. Combine pistachios, basil, and lemon zest. Sprinkle evenly over platter and enjoy!

In health,

Roman Catholic Archdiocese of Boston Benefits Department