

June 2024

# MONTHLY NEWSLETTER

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## MEN'S HEALTH MONTH

June is Men's Health Month – a time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men.

### Consider these statistics:

- 450,000 men die of cardiovascular disease each year.
- More than 700,000 men are diagnosed with a type of cancer each year; 300,000 of those cases will result in death.
- 230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men.
- More than 60% of adult American men are overweight or obese.
- Only 3 out of 5 men get annual physicals.
- Over 40% of men only go to the doctor when they think they have a serious medical condition.
- More than half of men said their health wasn't something they talk about.

**It's time for men to take a proactive approach to health – both physical and mental health. Keep reading on page 2 for ways to take control of your well-being.**

## VISIT YOUR DOCTOR

Men are notorious for avoiding the doctor and ignoring unusual symptoms. This may help explain why women tend to live longer. Don't let complacency take a toll on your health.

**Schedule yearly checkups with your doctor and keep these appointments.** Your doctor can help monitor your weight, blood pressure, and the level of cholesterol in your blood. Excess weight, high blood pressure, and high blood cholesterol are risk factors for cardiovascular disease. Your doctor can recommend lifestyle changes, medications, or other treatments to help get your weight, blood pressure, and blood cholesterol under control.

## EAT NATURAL FOODS

Packaged and processed foods are often full of sugar, salt, unhealthy fats, artificial additives, and calories. Limit the fake stuff and eat a wide variety of:

- fresh fruits and vegetables
- whole-grain products, such as brown rice and whole-grain breads
- fiber-rich foods, such as beans and leafy greens
- lean cuts of meat and poultry, such as skinless chicken breast and lean ground beef
- fish, such as salmon

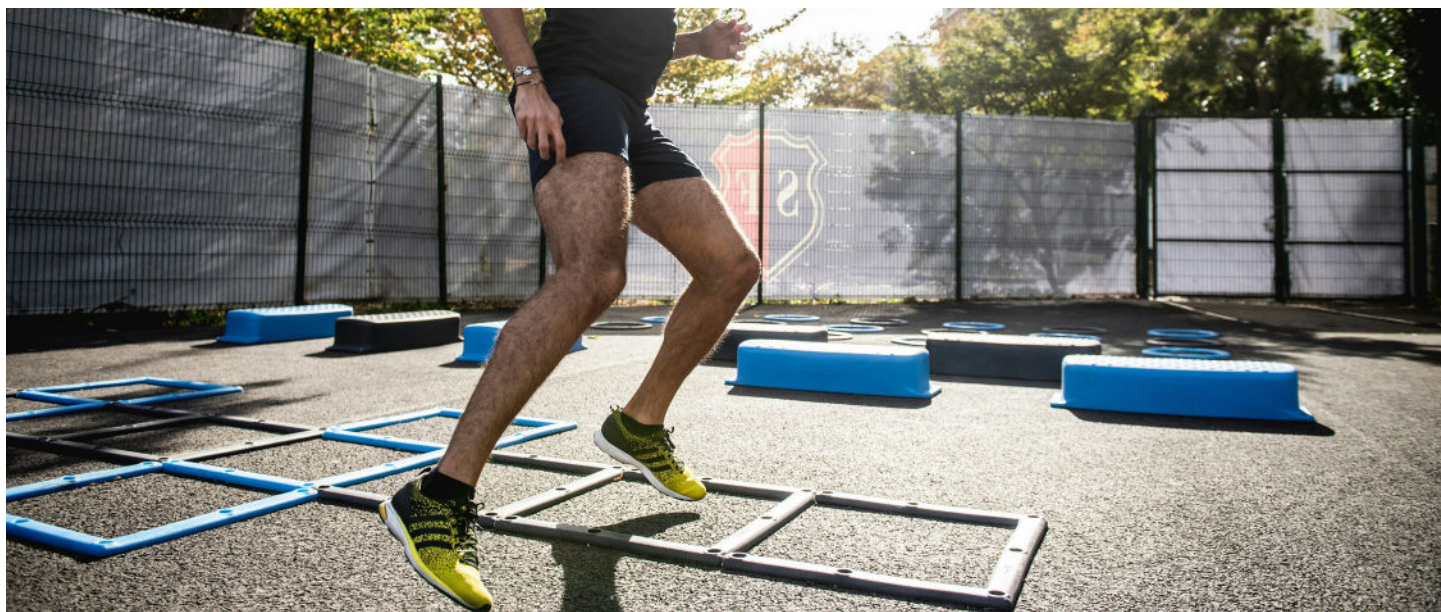
**When buying groceries, shop the perimeter of the store.** This is where you'll typically find the freshest foods. Spend less time inside the aisles, where processed foods tend to be located.

## GET MOVING

**Heart disease is the leading cause of death among American men.** Regular exercise is one of the best ways to prevent heart disease and keep your ticker strong. It can also help you improve and maintain your overall physical and mental well-being.

Try to get at least 150 minutes of moderate-intensity aerobic exercise, or 75 minutes of vigorous aerobic exercise, every week. For example, schedule five 30-minute long sessions of aerobic exercise in your weekly calendar. Aerobic exercise includes activities such as walking, jogging, swimming, basketball, tennis, and other sports.

It's also important to make time for at least two sessions of muscle-strengthening activities per week. For example, weight lifting, rock climbing, and yoga can help you develop stronger muscles.





## RECIPE OF THE MONTH

### LEMON YOGURT FRUIT SALAD

**TOTAL TIME: 10 MINUTES**

#### **Ingredients:**

It's almost summer! And our recipe for a Lemon Yogurt Fruit Salad is a perfect, light addition to your summer morning routine. Greek yogurt is the star of this dish, packed with protein, calcium, and active cultures (probiotics), this simple meal provides you with a healthy start to your day.

- 2 cups chopped strawberries
- 2 cups chopped fresh pineapple
- 2 cups blueberries
- 4 kiwis skin peeled & chopped
- 1 can (15 oz) mandarin oranges, drained well
- 1 container (6 oz) lemon Greek yogurt
- 1 tablespoon honey
- juice of 1/2 a lemon (about 1 tablespoon lemon juice)

#### **Directions:**

1. Add the strawberries, pineapple, blueberries, kiwi, and mandarin oranges into a large mixing bowl (or the bowl you're serving it in).
2. In a small bowl mix together the yogurt, lemon juice, and honey. Stir together well and pour over the fruit. Gently stir it all together and serve right away.
3. **Note:** If you are not serving this fruit salad right away, then keep the fruit and yogurt dressing in separate bowls and mix together right before serving it.