June is Men’s Health Month

The month of June is all about heightening the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers an opportunity to seek regular medical advice and early treatment for disease injury.

You can support Men’s Health Month by raising awareness about important health issues by:

- Take your dad/brother/uncle/grandfather/significant other to the doctor
- Bring your coworkers or neighbors together to be healthy and active. Activities include:
  - Golfing
  - Tennis
  - Bowling
OSTEOPOROSIS

A medical condition in which the bones become brittle and fragile from the loss of tissue, typically as a result of hormonal changes or deficiency of calcium or vitamin D

- Resistance training helps the reformation of bones as the bones respond to the weight applied to them and have to adapt
- Consuming dairy products help with calcium and vitamin D absorption
- Leafy greens and eating fish can also help calcium and vitamin D absorption
- Reduce drinking caffeine, soft drinks, and alcohol as they can take away the calcium from the bones
- Reduce stress in order to help the body regulate the internal hormones that could impact bones growth
- Make sure to give the body time to heal after any injury or exercise in order to help the body heal and keep bones healthy.

Weighted Squat

1. Begin by getting underneath the barbell and slightly bending at the knees and hips while keeping the back tight
2. Stand up with the bar on your shoulders and running along the back side of your neck and make sure it feels comfortable and not pushing against anything sensitive or bone
3. Your feet should be should length apart having the feet slightly pointed outward to increase stability, with a slight bend at the knees for the starting position
4. Engage your core by sucking your belly towards your spine to further increase stability and reduce injury
5. Slowly lower yourself down, while keeping the core and back engaged, until your knees hit 90 degrees
6. Control the rise upwards until you are standing fully

Exercise of the Month

Men’s Health Week

June 13-19, 2017

Men’s health week is celebrated each year as the week leading up to and including Father’s day in the month of June. Take action to be healthy and safe and encourage men and boys to make their health a priority. Different steps men can take to improve health:

- Get good sleep
- Toss out the Tobacco
- Eat healthy
- Tame the Stress
- Move More

Free Heart and Vascular Screening

Saturday, June 4 2017 | 9:00 am

Join The Hampton Roads area for free heart and vascular screening at the Bon Secours Mary Immaculate Hospital. The Heart & Vascular Institute will check your heart health, blood pressure, cholesterol and more. By participating, you’ll gain a better understanding of the risk factors that lead to an unhealthy heart and what you can do to reduce them.

For more information and to register call 757-889-CARE (2273)

Vegetable of the Month

Kale is a vegetable that contains a large amount of calcium that is needed for the body to rebuild any damaged bones or just continue with bones daily remodeling process. Kale is also a good source of antioxidants and vitamin K all while keeping the calories low and keeping the body healthy.
Recipe of the Month

Portuguese Kale Soup:

1 1/30 minute Cook time with an 8h completion time
1/2 pound dried white pea beans
2 bunches of kale- rinsed, dried and chopped
1/2 pound of chorizo sausage, thinly sliced
1 pound of beef soup bones
1 quart of water
1 medium head cabbage, chopped
5 potatoes, peeled and cubed
1 quart hot water of as needed
Salt and pepper to taste
5 min cook

1) Soak beans in twice their volume of water for 8 hours or overnight
2) In a large pot, place drained beans, chorizo, soup bones and 1 quart water (or more as needed to cover). Cook over medium heat until beans are just beginning to be tender, 1 hour
3) Stir in cabbage, kale, potatoes and enough hot water to cover. Cook until potatoes are tender, 20 minutes. Season with salt and peppers.

http://allrecipes.com/recipe/25735/portuguese-kale-soup/?internalSource=hub%20recipe&referringId=17306&referringContentType=recipe%20hub&clickId=cardslot%2016

Don’t Sit Get Fit

• Please consult your doctor before starting this or any other exercise activities.
• Go at your own pace and stop if any exercises cause pain.
• All exercises are followed by 10 seconds of rest.

Make sure to include a proper cool down and stretch.

Warm-up
• 10 squat jumps
• 10 toe touches
• 10 wall push-ups

Workout
2 Rounds of
• 20 Air squats
• 20 Jumping Jacks
• 20 Wall Push-Ups
• 20 Sit-Ups

Cool Down
• Slowly walk on a treadmill in order to continue fluid movement in the legs and slowly lower the heart rate
• Light stretches holding for 20 sec to allow the muscles to relax

Pump Up The Blue.

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. If Friday of Men’s Health Week doesn’t work for you then pick any other day of the year and start a fun Wear BLUE day at work.

Wear BLUE Day 2017:
Friday, June 16th

Moderate Exercise can reduce daily fatigue:

On a daily basis people suffer from fatigue either at parts of the day or sometimes all day long. Many drink coffee, energy drinks, eat sugar or other foods that give people brief bouts of energy. But along with those temporary solutions can come other problems such as an increase in weight, and reliance on those drinks that can put a bind on people’s cash flow and time. An alternative to these temporary solutions is small bought of moderate exercise that has been shown to reduce people’s overall fatigue while also helping them get into shape, lose weight and become over all healthier individuals.
# June Employee Wellness Events

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### Men's Health Week

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For more information on Employee Wellness Programming and Events contact:
Tamara Morgan at tmorgan@odu.edu