

P.E.P.
Talk

Better Health Through Improved Planning, Environment and Programs

MEN DIE AT HIGHER RATES THAN WOMEN FROM 9 OF THE TOP 10 CAUSES OF DEATH.

U.S. BUREAU OF LABOR STATISTICS



June 2018

Alzheimer's & Brain Awareness Month

Men's Health Month

World Sickle Cell Day: June 19



Health/Wellness

Your Healthiest Self

Chuck Pagano once said, "If you don't have your health, you don't have anything." Now imagine your healthiest self. What are you doing? What do you feel like? What do you look like? What if YOUR healthiest self was achievable? Would you do anything and everything it took to achieve it? Would you feel well?

Would you feel confident in yourself and your self-image? Would you do what you wanted, when you wanted to do it? Would you be avoiding the 80% of chronic conditions that are lifestyle-related? It's never too late to strive for your healthiest self.

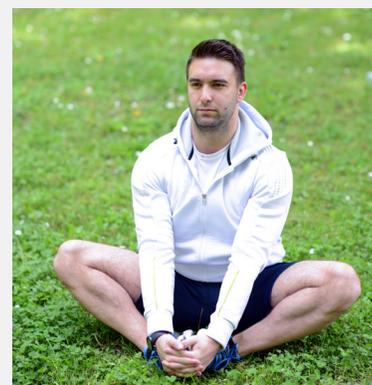


Mind/Body

Take a Breather

Men, it's your month. When was the last time you "took a breather?" When was the last time you took a step back from a stressful situation and placed a positive spin on it? Now is a great time to do so. Practice positive self-talk: instead of "I'll never be able to do this," you might think, "If I work hard enough, plan accordingly and strive to achieve success, I will be able to achieve this." Instead of thinking, "I

plan on going to the doctor only when I am sick," you might think, "I will visit my doctor annually so I can prevent the onset or development of any potential lifestyle-related chronic conditions." Take a look at the Practically Speaking portion of this PEP Talk for additional information. It's your month — you call the shots.



"If you don't have your health, you don't have anything." – Chuck Pagano



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Practically Speaking

Let's face it: us dudes can be a bit reluctant to take a trip to the doctor.

If you feel you are one of these people (with gender aside), let me ask you this: what, specifically, about going to the doctor makes you feel like avoiding the appointment? Is it a fear of discussing health concerns? Is it a fear of uncovering potential illness or disease? If you feel nervous or anxious about scheduling and attending a doctor's appointment, you are not alone.

Take a few deep breaths, pick up your phone and schedule that preventive-care visit that you have been putting off for the past few months.

Mark, Wellness Director
and Certified Health Coach



Nutrition

A Little Goes a Long Way

Last month, we discussed the immune-boosting effects of antioxidant-rich foods. This month, we will discuss a way to incorporate those immune-boosting foods: breakfast! This meal can be one area of improvement that can go a long way regarding a healthy lifestyle. Everyone always talks about how important breakfast is

— and they're right! Whether you are cooking an egg-white omelet with fresh veggies, or you make a plain Greek-yogurt fruit parfait with whole-grain granola, eating breakfast truly sets the tone for your day. A little planning goes a long way. Grab a dozen eggs and make a frittata to have for the week, or a tub of yogurt and some frozen berries and granola, and then portion your breakfast the night before. There are many small, actionable steps that can help you feel more energized, boost your metabolism after the "nightly fast" and leave you feeling well for the rest of the day!



Active

A Little More Goes an Even Longer Way!

Now that you've prepared breakfast the night before, why not try walking for those 10 extra minutes in the morning? Just 10 minutes each day of the week can make all the difference. Any physical activity that is safe and effective is better than no physical activity. By doing just this, possibly working toward 20 minutes each day of the week, you reduce your risk of developing many chronic conditions such as high blood pressure, diabetes, high cholesterol and even cancer. Similar to breakfast, a small change in activity can make a big difference.

