




FEATURE

Focus on men's health & vitality

In June we recognize [Men's Health Month](#).  This observance began as a Congressional Health Education Program with a goal to "heighten the awareness of preventable health problems and to encourage early detection of treatment of disease among men and boys."

In this edition of the PEHP Wellness newsletter we offer articles, resources, and information focusing on how men can attain good health and vitality.

We hope you enjoy this issue.

– Your PEHP Wellness Team



MEN'S HEALTH QUOTE

[Be a Big Brother](#): "No man stands as straight as when he stoops to help a boy."

– *Knights of Pythagoras*

PEHP HEALTHY UTAH WEBINAR


Herbal Cautions

What: While herbs can be part of a healthful lifestyle, there are cautions to consider. Learn what you need to know to enjoy herbs safely.


When: Monday, June 2, 2014 at Noon

Presenter: Maria Givler, PEHP Registered Dietitian.

Register [here](#). 

Can't make it? All webinars are archived for future viewing – visit our archive section [here](#). 

GOLF ANYONE?

PEHP Members, spouses and dependents are eligible for a golf green fee discount of **\$2 per 9-hole walking round or \$4 per 18-hole walking round**. That discount may be applied at Salt Lake City golf courses to either the listed green fee amount or toward the rental of a walking pull-cart. PEHP Members may also take advantage of a discount of \$10 towards the purchase of the LoyalTee Discount Card. Learn more about PEHP Plus [here](#). 

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MOVE IT

By Melissa Miller

Health Screenings –Get Checked!

In June the nation observes Men's Health Month in an effort to raise awareness of men's health issues. The importance of receiving regular health screenings is a key message of the campaign.

Women are not exempt from this of course. It is important for both men and women to stay up-to-date on health screenings, to stay physically active, and to practice proper nutrition for general wellbeing.



Are you aware of the types of screenings that you should schedule, at what age, and how often? If not, click the link below for a chart outlining various health screenings recommended for both men and women.

[Get It Checked](#)

MEN'S HEALTH FACT

[Weight-training](#) can reverse diminished muscle tissue that may be due to reduced testosterone production in men. At any age, men can rebuild lost muscle mass, improve strength and regain joint flexibility.

WORKOUT WARRIOR

126 PARTICIPANTS IN APRIL

The theme of the April Workout Warrior was **Stress Busters** – 126 Workout Warriors participated. Lorrie N. was the random winner of an Amazon gift card. Congratulations Lorrie!



The theme for June is **Check Your Health**. Regular physical activity is the key to general health and longevity. Learn more about Workout Warrior and how to participate [here](#) Keep moving!

Gaylene H	Jonathan M	Ronald W	Janae B	Candace W	Debra A
Rebecca M	Deborah D	Tracy J	Shirley C	Kaitlyn M	Connie H
Olga C	Leslee H	Amy R	Roberta A	Tammy B	Kenyatta G
Lana S	Leslianne G	Katherine H	Gary L	Lindsay M	Jil B
Shauna N	Lillian H	Debbie K	Laura T	Susan C	Laurie J
Lisa G	Cathy B	Paulette W	Jeff G	Judith Z	Megan M
Andrew N	Sula B	Thomas F	Peggy M	Katherine S	Teresa R
Connie L	Kathleen H	Deena M	Connie M	Laura S	Sherri K
Diana R	Katie S	Kaye W	Celeste R	Melissa M	Sharla A
Maryjan L	Jamie W	Coylene B	Virginia C	Rebecca G	Micky R
Abigail B	Tammy K	Beverly P	Susan K	Brandee N	Maritza R
Donna H	Laureen G	Monica C	Wendy W	Shauna H	Sandra O
Elizabeth H	Stacie T	Tiffany A	Tonya M	Charity M	Elizabeth C
Catherine R	Sheri N	Mary M	Elizabeth F	Teresa C	Susan W
Dorthea M	Bonnie G	Kandace S	Jenefer R	Sheri S	Tami G
Sarah M	Adam B	Lesleigh A	Ashley L	Cristene W	Ephra W
Marcie E	Lorrie N	Karla E	Courtney D	Debi G	Suzette A
Linette R	Vickie J	Max W	Alisha E	Marcel L	Donald B
Chris M	Warren T	Lynn P	Naomi L	Paula M	Star C
Codi L	Gary L	Marilee W	Janene P	Laura S	Stacey S
Annalee J	Sharen J	Nicole V	Mindy H	Kaylynn H	Suzanne B

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


FOOD FOR THOUGHT

By Maria Givler

Nutrition and Men's Health

Myth: A “beer belly” caused by excess alcohol intake is not a serious health concern.



Fact: There is a link between drinking excess alcohol and gaining belly fat, though excess calories from any food (or drink) can result in weight gain. Weight gain puts you at increased risk for diabetes, some type of cancers, high blood pressure and sleep apnea. Read more about “waist” management [here](#). 

Myth: Men's nutritional habits do not affect a couple's ability to conceive a baby.

Fact: Men and women share responsibility when trying to conceive. Smoking,

alcohol, drug abuse and obesity are associated with decreased production and function of sperm. Eating foods high in zinc, folate, carotenoids and vitamins E and C may help protect sperm from damage by free radicals.

Myth: Only women get osteoporosis.

Fact: More than 2 million men suffer from [osteoporosis](#)  according to the National Institutes of Health. One in four men age 50 and older will have an osteoporosis-related fracture in their lifetime. Men should consume [calcium](#)  rich foods such as fortified cereals and fruit juices and dark green leafy vegetables.

SIMPLIFY YOUR LIFE

By Tiffany Anderson

Save Your Wallet & Waistline

The midday meal is an important one – lunch fuels us through a busy time of the day; helping us to feel our best and to perform well. Whether your job is physical or sedentary, the energy requirements of your mind and body demand fuel.

Save money and take control of your meal choices. Homemade lunches can be simple, tasty, and worth the extra effort. Here is a personal example. My significant other is a truck driver and eats from his lunchbox every workday. We found filling and satisfying foods that are economical and easy to

Lunchbox Example – Breakfast, Lunch, Snack: 1,500-1,700 calories*


- 2 Hard-boiled eggs, peeled, in baggie
- 1 Small can low-sodium V8
- 2 PB&J sandwiches on whole grain bread
- 1 Banana & 1 or 2 Apples
- 1 Protein bar & 2 Protein shakes
- 1 Medium pre-baked sweet potato
- Veggie bag – sliced red peppers, cucumber, celery, carrots, cherry tomatoes, etc.

**(calorie estimate based on portion size)*

prepare ahead of time. Adding a variety of foods helps him to avoid boredom. This sample above shows what he packs for breakfast, lunch, and a snack.

More lunch ideas for men [here](#). 

MEN'S HEALTH RESOURCE

Gentlemen! Want to improve your diet? Visit the blog, [Fit Men Cook](#).  The author's message is simple: “Our bodies are built in the kitchen, sculpted in the gym.”

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PEHP WAIST AWEIGH

Laurie O.: Exercise, healthy food her key to lasting loss

I got serious about weight loss in January 2012. I had hit an all-time high of 190 pounds. Seeing my

**FIND GRAD
SUCCESS
STORIES
HERE**



picture took me out of denial. I lost 20 pounds

through eating better and swimming then hit a plateau. Being at risk of sleep apnea scared me and I signed up for PEHP Waist Aweigh to help pay for a personal trainer. From her I learned what to do with weights and cardio. I took

swimming lessons to get back into swimming and that turned into something I love. The biggest piece of advice I can give is to find exercise and healthy food you enjoy. I have weeks where I haven't lost, but overall I have gone from 190 to 136 pounds. I now don't mind having my picture taken. I am grateful to my coach with PEHP Waist Aweigh and for friends that have listened and supported me.

Read Laurie's full success story [here](#).



BEFORE

Laurie O. lost 54 pounds in 13 months.



AFTER

PEHP WAIST AWEIGH

Have a BMI of 30 or higher? With your dedication and our support, a healthier lifestyle is within reach with PEHP Waist Aweigh.

**LEARN MORE/
ENROLL
HERE**



MEN'S HEALTH FACT

Men typically have a 5 to 10 percent higher rate of metabolism than women due to their body composition. Increasing muscle mass begins long before the gym – proper fuel is the key. Read more:

[7 Muscle Foods for Men](#).



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MARK YOUR CALENDAR

Sign up for a PEHP Healthy Utah testing session.

CLICK HERE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Health Tool of the Week: Prevent and Treat 7 Common Sports Injuries	2 HU TESTING SESSION Vernal: 12-4:15/5-6:45	3 HU TESTING SESSION Vernal: 9-12:15/1:30-3:15	4 June Workout Warrior Registration closes HU TESTING SESSION Ogden: 9-12:15/1:30-4:15	5 HU TESTING SESSION Taylorsville: 8:30-12:15/1:30-4:15	6 	7
8 Health Tool of the Week: Considering Testosterone Supplements? Test Levels First!	9 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	10 HU TESTING SESSION Tooele: 9-12:15/1:30-4:15	11 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	12 HU TESTING SESSION SLC: 9-12:15/1:30-4:15	13 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	14 Flag Day
15 Father's Day Health Tool of the Week: Healthy Grilling Recipes	16 HU TESTING SESSION SLC: 9:30-11:30/1-5:15	17 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	18 	19 HU TESTING SESSION SLC: 9:30-11:30/1-5:15	20 HU TESTING SESSION SLC: 9:30-11:30/1-5:15	21 First Day of Summer
22 Health Tool of the Week: Nutrition for Men	23 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	24 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	25 July Workout Warrior Registration opens HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	26 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	27 	28
29 Ramadan begins Health Tool of the Week: Mentoring: Helping Boys to Become Men	30 HU TESTING SESSION SLC: 8:30-12:15/1:30-4:15	PEHP Healthy Utah Wellness Seminars Wellness Seminars are an excellent way to get connected with health and wellness information on a variety of topics such as Dining out Done Right , Humor Me , Unwind with Healthy Utah and others. These seminars are great for staff meetings, retreats, brown bag lunch-and-learns or employee trainings. Our newest seminar, Change the Brain , helps participants learn how to alter existing habits, create new habits, and teaches how to understand 5 important parts of the brain. Request this seminar or Download flyer				

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