

PRIDE

PRIDE

PRIDE

PRIDE

IN THIS ISSUE

**Pride Month 2023 —
The Things We Fight For**

Monthly Moves
Single Knee Pull

**Summer Chile-Coconut
Watermelon Crudo**

Wise & Well

Welcome to the new Wise & Well Newsletter, where we promote whole-person well-being each month and highlight health-related topics to help you be your best.



Pride Month 2023 — The Things We Fight For

June is Pride Month, a time to recognize the ongoing need for nondiscrimination and greater equality for LGBTQ+ people. It is also a time to commemorate the Stonewall Riots, also known as the Stonewall Uprising, which began in June 1969 when police in New York raided a gay club in Greenwich Village called the Stonewall Inn. The raid sparked a riot that led to six days of protests and violent clashes with police and which today is known as the catalyst for the gay rights movement here in the US and across the world.

Despite the more than 50 years since the Stonewall Uprising, the LGBTQ+ community continues to face obstacles in American society — from healthcare access and employment/housing discrimination to becoming parents or affirming one’s identity.

Given the interpersonal and structural discrimination LGBTQ+ people experience on a daily basis, there are many negative consequences to their health and overall well-being. Perhaps nowhere is this more evident than

2 of 6

in mental health. According to the American Psychiatric Association, LGBTQ+ individuals are more than twice as likely as heterosexual men and women to have a mental health disorder in their lifetime and 2.5 times more likely to experience depression, anxiety and substance misuse compared with heterosexual individuals.

A 2022 survey conducted by the Center for American Progress articulated that these discriminatory structures create complex systems of disadvantage, which

consistently lead to adverse outcomes. Coupled with renewed efforts in state legislatures across the country promoting hundreds of new laws that further marginalize the LGBTQ+ population, the disparate need for actions that promotes equality and inclusion could not be more apparent.

The purpose of Pride Month “is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and

3 of 6

Continued **Pride Month 2023 — The Things We Fight For**

internationally” (US Census, 2022). It is a celebration and a time to lift up voices supporting LGBTQ+ culture and rights. It is a time to honor the struggles that LGBTQ+ people face and to recognize that the fight for equality is far from over. It is a time for people to show their support and educate themselves on issues affecting this community. But perhaps most importantly, it is a time to be vocal and demand, at home, work and society at large, that all people deserve the right to live authentically and free from hate.

As you go out this month and enjoy the colorful parades and festive atmospheres, try to remember that Pride Month is not just about celebrating. It’s about supporting the simple truth that “everybody should feel comfortable and safe being themselves wherever they are” (2TravelDads, 2023). It’s also about acknowledging that for LGBTQ+ people, the fight against being threatened, marginalized or discriminated against simply for being alive is far from over.

Source: 2traveldads.com | psychiatry.org | americanprogress.org | census.gov

Monthly Moves

Single Knee Pull

Single knee pulls help relieve chronic lower back pain. When performed regularly, it also improves the stability of the lower pelvis while increasing the range of motion.

01 Lie on your back with your legs extended. Bend your left knee.

02 Grasp the back of your left thigh and pull your knee toward your chest. Flex your right foot and press your right thigh and calf down toward the bed to feel a stretch in the front of your right hip and top of your right thigh.

03 Return to the starting position and repeat with the other leg.

Tap [here](#) for a video demo.

Source: health.harvard.edu



A close-up photograph of several slices of watermelon, showing the bright red flesh and dark seeds. The slices are arranged in a way that creates a sense of depth and texture.

Chile-Coconut Watermelon Crudo

This sweet, spicy, and punchy upgrade to classic slabs of salted watermelon is the palate-pleasing appetizer your cookout guests deserve. Fresh coconut water is much sweeter and has a greater depth of flavor than bottled versions, so crack open a coconut if you can. If using store-bought, select a brand with no additives for the best tasting crudo.

Ingredients

- 1 small (6-pound) seedless watermelon
- 2 cups fresh coconut water (from 2 coconuts) or bottled coconut water
- 1 teaspoon finely grated lime zest plus 1/4 cup fresh lime juice, divided
- 2 tablespoons thinly sliced peeled fresh ginger
- 3 medium fresh green Thai chiles, stemmed and thinly sliced, divided
- 1 tablespoon turbinado sugar, divided
- 1 tablespoon extra-virgin olive oil
- 1/4 cup toasted flaked coconut
- 2 tablespoons crispy fried shallots (such as Maesri)
- 1 1/2 teaspoons finely chopped cilantro stems
- 1 teaspoon flaky sea salt

Directions

1. Cut watermelon into 12 (3- x 2 1/2- x 1/2-inch) wedges with rind attached; set aside. Reserve remaining watermelon for another use. Stir together coconut water, lime juice, ginger, 2 sliced chiles and 1/2 tablespoon sugar in a 13- x 9-inch baking dish. Place watermelon wedges in dish in a single layer; cover and chill for at least two hours or overnight.
2. Just before serving, remove watermelon from marinade; discard marinade (or save for another use). Arrange watermelon on a chilled serving platter; drizzle with olive oil. Top watermelon evenly with coconut, fried shallots and remaining chile slices.
3. Stir together cilantro, flaky salt, lime zest and remaining 1/2 tablespoon sugar. Sprinkle over watermelon. Serve immediately.

Source: [foodandwine.com](https://www.foodandwine.com)