

JUNE 2018

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Spotlight on Men's Health

National Men's Health Week is an annual health observance designed to raise awareness of men's health. This year, National Men's Health Week is June 11-17. In honor of this observance, take some time to reflect on the following four important preventive care procedures.

1. **Cholesterol screening**—Men should have a cholesterol test every five years after the age of 20. High levels of cholesterol raise the risk of heart attack and stroke.
2. **Colorectal cancer screening**—Men should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after the age of 50.
3. **Prostate cancer screening**—Men over the age of 50 should have a yearly digital rectal exam and prostate screening test.
4. **Testicular cancer**—All teenage males and adult men should have a testicular exam every time they visit the doctor for a physical exam.

Sports Drinks and Energy Bars

Exercising is great for your body, but it is important to take care of yourself during and after your workout. You can do this by staying hydrated and maintaining your blood sugar levels.

- **Sports drinks**—When you're exercising, your body quickly absorbs blood sugars for energy. You also lose electrolytes, or minerals such as sodium and potassium, when you sweat. A good way to replenish your blood sugars and electrolytes is to drink sports drinks. Most sports drinks offer a blend of sugars such as glucose, sucrose, fructose and galactose.
- **Energy bars**—With so many varieties available, selecting the right energy bar is anything but simple. Keep in mind that many energy bars, particularly high-carbohydrate bars, are intended for people who spend an hour or more doing aerobic exercise like biking or running. The best way you can replenish your blood sugars, whether you're exercising or not, is by eating a balanced diet full of fruits, vegetables and whole grains.

Make Time for Fitness

Getting even 20 to 30 minutes of exercise per day will improve your health. Exercise will also make you feel better and can even be fun. Consider the following suggestions:

- Make fitness a priority. If you are unable to work out every day, exercise at least three times per week at a high intensity to maintain your fitness level.
- Park your car farther away and walk longer to your destination.
- Play outside with your loved ones—little ones or furry ones.
- Take the stairs instead of the elevator or escalator.
- Do home chores, such as shoveling snow, gardening, raking leaves, sweeping the floor, vacuuming and dusting. These activities burn calories and tidy up your home!

WEEK OF: JUNE 3-JUNE 9

TIP OF THE WEEK

Savor the season. Eating fruits and veggies that are in season means that they will likely be from local sources, cheaper and more flavorful.

GOALS OR TO-DO LIST

SUNDAY

3

MONDAY

4

TUESDAY

5

WEDNESDAY

6

THURSDAY

7

FRIDAY

8

SATURDAY

9

WEEK OF: JUNE 10-JUNE 16

TIP OF THE WEEK

Make a list of positive affirmations that work for you. Here's a few to get you started: I love to exercise. I want to live a healthy life and eat real healthy foods. I am strong. I am getting more fit each day.

GOALS OR TO-DO LIST

SUNDAY

10

MONDAY

11

TUESDAY

12

WEDNESDAY

13

THURSDAY

14

FRIDAY

15

SATURDAY

16

WEEK OF: JUNE 17-JUNE 23

TIP OF THE WEEK

Follow the 80/20 rule. Eat healthy 80 percent of the time. Indulge occasionally, but make sure most of your choices are healthy.

GOALS OR TO-DO LIST

SUNDAY

17

MONDAY

18

TUESDAY

19

WEDNESDAY

20

THURSDAY

21

FRIDAY

22

SATURDAY

23

WEEK OF: JUNE 24-JUNE 30

TIP OF THE WEEK

Protect your skin while outside. Whether you're enjoying the weather or working out outside, be sure to use a sunscreen that has at least 15 SPF.

GOALS OR TO-DO LIST

SUNDAY

24

MONDAY

25

TUESDAY

26

WEDNESDAY

27

THURSDAY

28

FRIDAY

29

SATURDAY

30

RECIPES OF THE MONTH

Mouth-watering Oven-fried Fish

Ingredients

- 2 pounds white fish fillets
- 1 Tbsp. lemon juice
- $\frac{1}{4}$ cup buttermilk
- 1 tsp. garlic (minced)
- $\frac{1}{8}$ tsp. hot sauce
- $\frac{1}{4}$ tsp. white pepper (ground)
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. onion powder
- $\frac{1}{2}$ cup corn flakes (crumbled)
- 1 Tbsp. vegetable oil
- 1 lemon (cut into wedges)

Directions

1. Heat oven to 475 F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce and garlic.
4. Combine pepper, salt and onion powder with flakes and place on plate.
5. Let fillets sit briefly in milk mixture. Remove and coat fillets on both sides with seasoned flakes. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into six pieces. Serve with fresh lemon.

Serving size—1 fillet. Each serving provides 158 calories, 3 g total fat, 0 g saturated fat, 27 g protein, 215 mg sodium, 4 g carbohydrates, 0 g dietary fiber and 1 g total sugars.

Turkey Tostadas

Ingredients

- 2 cups ground turkey (cooked)
- 2 Tbsp. taco seasoning
- 1 $\frac{1}{2}$ cups water
- 4 corn tortillas
- $\frac{1}{4}$ cup low-fat refried beans
- $\frac{1}{4}$ cup cheddar or Monterey Jack cheese (shredded)
- $\frac{1}{2}$ cup tomatoes (chopped)
- $\frac{1}{2}$ cup lettuce (shredded)
- 2 Tbsp. onion (chopped)
- $\frac{1}{2}$ cup taco sauce

Directions

1. In a large skillet over medium heat, combine turkey, taco seasoning and water.
2. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
3. Place tortillas on a cooking sheet. Bake at 375 F for 4-7 minutes or until tortillas are crispy.
4. Spread tortillas with 1 Tbsp. of beans each. Top each with one-fourth of the meat mixture and cheese.
5. Return tortillas to oven to cook for 2 to 3 minutes or until cheese is melted.
6. Top with tomatoes, lettuce, onions and taco sauce. Garnish with plain yogurt and guacamole, if desired.

Serving Size—1 tostada. Each serving provides 209 calories, 3 g total fat, 1 g saturated fat, 24 g protein, 535 mg sodium, 19 g carbohydrates, 3 g dietary fiber and 3 g total sugars.

