



The Wellness News

Tips and resources for living well

June 2023

Men's Health Month

Men often neglect regular check-ups and screenings, risking their health. June is Men's Health Month, making it a great time to review the top health concerns that men may face and how to screen for them.

1. **Heart Disease.** Heart disease is the leading cause of death in men in the United States. Risk factors for heart disease include high blood pressure, high cholesterol, smoking, diabetes, and obesity. Screening for heart disease involves checking blood pressure, cholesterol, and blood sugar levels.
2. **Cancer.** Cancer is a significant health concern for men. The most common types of cancer in men are prostate, lung, and colorectal. Screening for prostate cancer involves a blood test called the prostate-specific antigen (PSA) test and a digital rectal exam. Screening for lung and colorectal cancer involves imaging tests like CT scans and colonoscopies.
3. **Chronic lower respiratory disease (CLRD).** CLRD is a group of conditions that affect the lungs, including chronic obstructive pulmonary disease (COPD) and other chronic conditions. Typical symptoms include shortness of breath, wheezing, increased mucus, chronic cough, racing heartbeat, and fatigue.
4. **Stroke.** According to CDC, four out of five strokes are preventable, and men are more likely to have a stroke than women. High blood pressure is the leading risk factor for stroke. However, nicotine use, heart disease, and certain medications can also increase your risk of a stroke.
5. **Diabetes.** Diabetes is a chronic disease that affects millions of men worldwide. Risk factors for diabetes include obesity, high blood pressure, high cholesterol, and a family history of the disease. Screening for diabetes involves a blood test that measures blood sugar levels.

In conclusion, regular health screenings are essential for maintaining good health and preventing serious illnesses. Men should try to get screened for the top five health concerns facing them today. By caring for their health and getting screened regularly, men can live healthier, happier lives.

Source: [Top 10 Causes of Strokes - Risk Factors and How You Can Lower Your Risks \(webmd.com\)](#)



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Anti-Aging Benefits of Resistance Training

According to the American College of Sports Medicine (ACSM), participation in regular physical activity (both aerobic and strength exercises) elicits several favorable responses that contribute to healthy aging.

According to Webster, aging is the organic process of growing older and showing the effects of increasing age. Part of the normal physical aging process, which starts in our 30s, is that bone density diminishes, we lose muscle strength, and our muscles and connective tissues become less flexible and pliable. All of this increases our risk of injury.

Physical benefits of resistance training include:

- Prevention or control of chronic health conditions such as diabetes, heart disease, arthritis, back pain, depression, and obesity
- Increased bone density and strength and reduced risk of osteoporosis
- Weight management and increased muscle-to-fat ratio
- Maintaining flexibility and pliability of muscles
- Improved muscle strength and tone
- Improved mobility and balance
- Decreased risk of injury
- Pain management
- Improved posture
- Greater stamina

Aging is also associated with a gradual decline in cognitive function. As such, it is common for aging individuals to find that mental tasks take longer to complete and that their memory and attention may be diminished. Resistance training can help to mitigate some of these normal side effects of aging.

Additional benefits of resistance training include:

- Reduce or prevent cognitive decline with age
- Enhanced performance of everyday tasks
- Increased self-esteem

Overall, the benefits associated with regular exercise and physical activity contribute to a healthier, independent lifestyle, greatly improving this population's functional capacity and quality of life.



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Great Outdoors Month

Great Outdoors Month was officially recognized on June 5th, 2019, and is now celebrated each June.

The history behind Great Outdoors Month began in 1998 under President Clinton when 'Great Outdoors Week' was established to help increase jobs and to get people to enjoy nature.

This celebration of the Great Outdoors has helped bring many health and social, and economic benefits since then. In 2016, the Outdoor Recreation Jobs and Economic Impact Act was enacted to analyze the outdoor recreation economy of the United States.

A report released in 2018 showed that outdoor recreation contributed more than \$412 billion to the US economy in 2016, comprising about 2.2% of the total US GDP. The outdoor recreation industry provided over 4.5 million jobs that year, which continues to rise.

Great Outdoors Month is now celebrated and recognized by most of the United States and continues to be a way to bring people together to appreciate all that nature has to offer.

Do you want to know how to celebrate and participate in the Great Outdoors Month this June? Here are a few ideas:

- Plan a trip to a National Park
- Hike or bike a new trail
- Go fishing
- Kayak or tube down a river
- Picnic in a park
- Go camping
- Go rock climbing
- Help clean up a park or trail

Whether you choose to go for a hike, visit a national park, or just take time to appreciate your local trail, Great Outdoors Month is the perfect reminder of the benefits of vitamin D and fresh air.

Sources: <https://www.mindful.org/tips-bringing-mindfulness-next-vacation/>

We know it is not always easy to juggle everything & realize simple tips can help provide a different approach. Your EAP is here to help with family, work, health, well-being & legal issues.

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Green Goddess Ricotta Pasta

Ingredients

- 8 ounces whole-wheat or gluten-free pasta shells
- 2 tablespoons olive oil
- 3 tablespoons chopped shallot
- 1 teaspoon minced garlic
- $\frac{3}{4}$ teaspoon anchovy paste
- 2 cups packed baby spinach
- 1 cup chopped mixed fresh tender herbs (such as basil, chives, parsley, *and/or* tarragon), plus more for garnish
- $\frac{2}{3}$ cup part-skim ricotta cheese
- $\frac{1}{2}$ teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup finely grated Parmesan cheese, divided

Directions

1. Bring a large pot of water to boil; add pasta and cook according to package directions. Reserve 1 cup of cooking water; drain the pasta and set aside.
2. Meanwhile, heat oil in a large skillet over medium heat. Add shallot and garlic; cook, stirring often, until translucent, about 2 minutes. Add anchovy paste; cook, stirring constantly, until fragrant, about 30 seconds. Add spinach; cook, stirring constantly, until bright green and wilted, about 1 minute.
3. Transfer the spinach mixture to a blender. Add herbs, ricotta, lemon zest, lemon juice, and salt; blend on medium-high speed until smooth and bright green, about 1 minute. Add $\frac{1}{4}$ cup of the reserved pasta water to thin the sauce if necessary.
4. Transfer the sauce to a large skillet over medium heat. Add the pasta and $\frac{1}{2}$ cup Parmesan; toss to coat until warmed through, about 1 minute, adding pasta water, 1 tablespoon at a time, until desired consistency is reached.
5. Divide the pasta among 4 bowls; sprinkle with the remaining $\frac{1}{4}$ cup Parmesan. Garnish with additional herbs, if desired.

Nutrition

High Protein, Gluten-Free Option, Egg Free, Soy Free

4 Servings

Per Serving:

Calories: **393** | Protein: **18g** | Carbohydrates: **49g** | Dietary Fiber: **6g** | Fat: **6g** | Saturated Fat: **5g** | Sodium: **547mg** | Calcium **295mg** | Potassium: **407mg** | Magnesium: **113mg**

Source: [Green Goddess Ricotta Pasta Recipe \(eatingwell.com\)](https://eatingwell.com/recipes/green-goddess-ricotta-pasta-recipe/)