



LET'S HEAR IT FOR THE BOYS (AND THEIR HEALTH)!

BY: WELLWORKS FOR YOU

What better time to honor men's health than the month of Father's Day?

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DID YOU KNOW?

According to the CDC, men are more at risk of a heart attack, so make sure to eat a heart-healthy diet and exercise!

QUICK FACT

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Father's Day is a perfect reminder for men to honor their health. Check out four ways men can get the most out of a healthy lifestyle:

1. Get (and Stay) Fit

Routine exercise can help keep weight in check and lower the risk of heart disease and stroke. If you are not currently active, take small steps and gradually increase the frequency and intensity of your exercise. Adding in 15-minute walks throughout your day is an effective way to start.

2. Ask for a Health Screening

If prostate cancer or heart attack runs in your family, ask for the appropriate health screenings to protect yourself.

Keep in mind that some diseases don't have any symptoms, so it is best to meet with your doctor yearly for preventive measures.

3. Eat Smart

Limit sodium and saturated fats for improved heart health. You can do this easily by eating more fresh and fiber-filled foods like fruits and vegetables. Pay attention to serving sizes listed on Nutrition Facts labels and know not only what you are eating, but how much.

4. Limit Alcohol

While drinking on occasion or in moderation is fine, consuming too much alcohol can lead to various types of cancer and is a major source of empty calories.

FEATURED RECIPE:

CHICKPEA CURRY

Serves: 6

INGREDIENTS

- 1 medium serrano pepper, cut into thirds
- 2 large cloves garlic
- 1 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 1-inch yellow onion, chopped
- 6 tablespoons canola oil
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 2 ¼ cups no-salt-added canned diced tomatoes with their juice (from a 28-ounce can)
- ¾ teaspoon salt
- 2 15-ounce cans chickpeas, rinsed
- 2 teaspoons garam masala
- Fresh cilantro for garnish

DIRECTIONS

- Pulse serrano, garlic, and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
- Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin, and turmeric and cook, stirring, for 2 minutes.
- Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.

NUTRITION

Serving Size: About 1 cup

Per serving: 278 calories; 15 g fat (1 g sat); 6 g fiber; 30 g carbohydrates; 6 g protein; 75 mcg folate; 0 mg cholesterol; 3 g sugars; 0 g added sugars; 260 IU vitamin A; 18 mg vitamin C; 65 mg calcium; 2 mg iron; 354 mg sodium; 356 mg potassium

Source: <http://www.eatingwell.com/recipe/255186/chickpea-curry-chhole/>

MONTHLY DRAWING



Please e-mail info@wellworksforyou.com with your response to be placed in a drawing to possibly win a **\$25.00 Wellworks For You Visa Reward Card**.

If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the **last day of the month**.

How will you help the men in your life maintain a healthy lifestyle?

JUNE 2019

HEALTH OBSERVANCE

NATIONAL GREAT OUTDOORS MONTH

Besides soaking up vitamin D from the sun, being outdoors boasts many other health benefits. Spending time outside has been related to **improved mental health**, mood, and **stress reduction**.

Additional health benefits from nature

- Improves short-term memory
- Lowers blood pressure
- Reduces inflammation
- Reduces fatigue
- Decreases anxiety levels
- Reduces risk of developing nearsightedness in children
- Improves concentration
- Enhances creativity

Great Outdoors Month encourages all of us – outdoor rookies and experts alike – to connect with and enjoy America’s great outdoors! Once you **#EscapeTheIndoors**, you’ll never want to go back.

Sources: <https://www.greatoutdoorsmonth.org/about>, <https://www.ncbi.nlm.nih.gov/pubmed/28938204>, <https://www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7#walking-in-nature-could-improve-your-short-term-memory-1>

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