



# WELLNESS JOURNAL

June, 2023



## MEN'S HEALTH MONTH

June is National Men's Health Month! This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

### HOW TO OBSERVE NATIONAL MEN'S HEALTH MONTH

**Tweak your diet :** Men's Health Month is a great opportunity to change the way you eat. Cut back on alcohol this month or up your intake of healthy fermented foods like sauerkraut and kefir. You can do anything for a month, and if you do it for a month, you can do it for life!

**Set some goals :** Use this month to take stock of your health now and think about where you want it to be. Do you want to lose weight? Gain muscle? Simply eat more vegetables? Set small and achievable goals and work with your doctor to make them a reality.

**Get educated :** Take this opportunity to read about the common health issues that are specific to men and how you can prevent yourself from getting hurt!

## WHY NATIONAL MEN'S HEALTH MONTH IS IMPORTANT

That checks out, If you're stressing about a symptom, a busted knee, a persistent headache, it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

A conversation starter, Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

An excuse for pampering, Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

Source Credit: Health24, Men's Health

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