



# SPOTLIGHT ON MEN'S HEALTH



June is Men's Health Month and a perfect time to take a closer look at preventable health problems impacting men, along with how you can prevent them. You may be surprised to find that building better health can start with simple lifestyle changes; in addition, early detection and treatment can be a life-saver. Check out the statistics below, and if you haven't had your physical yet this year, we encourage you to get it scheduled today!

Sources:  
American College of Cardiology  
Centers for Disease Control and Prevention (CDC)  
UNC School of Medicine

## HOW DO WE SCORE?

**1** IN **2**  
MEN WILL  
DEVELOP CANCER

**3** OUT OF **4**  
MEN ARE  
OVERWEIGHT

**1** IN **3**  
MEN HAVE HIGH  
BLOOD PRESSURE

AS MANY  
PHYSICIAN'S VISITS  
FOR PREVENTION  
AS WOMEN DO

**1/2** MEN MAKE

HEART DISEASE  
IS THE  
**#1** KILLER  
OF MEN

MEN ARE  
**2X**  
MORE LIKELY  
TO BINGE DRINK  
THAN WOMEN

MEN DIE AN  
AVERAGE OF  
**5** YEARS  
SOONER THAN  
WOMEN

**17** OUT OF **100**  
MEN SMOKE VERSUS  
**13** OUT OF **100**  
WOMEN

# STAY ON TOP OF YOUR (HEALTH) GAME

## Exercise Daily



Just 30 minutes of exercise per day is beneficial.

## Healthier Food Choices



Minimize processed foods in your diet and make fruits and vegetables half of your intake. Replace animal-based fats with plant-based fats, and be sure you are including a source of fiber/whole grains in your diet.

## Talk It Out



Life can be tough; talking things through with a mental health professional can help.

## Quitting Time

Stop smoking and use of tobacco products. Smoking causes cancer, heart disease, stroke, and increases your risk of erectile dysfunction.



## Sleep It Off

Try to get 7-8 hours of sleep each night.



## Preventive Maintenance



Get regular check-ups to catch issues while they are small (and prevent them becoming bigger problems).

# AIR FRYER *Sesame Ginger* CHICKEN

### INGREDIENTS

- 1.5 lbs chicken breasts or wings
- 1/4 cup coconut aminos
- 2 tablespoons sesame oil
- 1 tablespoon minced ginger
- 3 green onions chopped
- 1 clove minced garlic
- 1 teaspoon sesame seeds for garnish

### INSTRUCTIONS

- 1 Mix all ingredients together in a small dish. Place chicken in a ziploc bag or shallow dish, then pour the marinade over it. Ensure that all sides of the chicken are fully coated, and let marinade for at least 45 minutes.
- 2 Preheat the air fryer to 375 degrees fahrenheit. Spray the basket with cooking oil and add the chicken (make sure there is a little space between each piece). Cook for 8 minutes, flip each piece, and then cook another 8 minutes\*. Allow chicken to rest a few minutes before serving.

\*Cook times can vary from air fryer to air fryer; internal temperature of chicken should be 165 degrees when fully cooked.

