

Physical Wellness



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.

Although we all face unique health challenges, this month we are focusing on bringing awareness to Men's Health. Studies have shown that not only do men have a shorter average lifespan than women, but they are also twice as likely to die of a heart attack.

Experts have found that key contributing factors to this lifespan disparity include non-routine doctor visits, skipping annual and preventive care, and not reaching out for medical assistance when needed. According to the CDC, women are 33% more likely to visit their doctor than men. Let's look at a few key statistics related to men's health and what men can do to ensure they have the right care, develop the right habits, and more.

Recommendations-

- Monitoring and limiting your sodium intake to less than 2,300 mg a day/max (about twice the weight of a small paper clip).
- Exercising at least 30 minutes per day to raise your heart rate.
- Meditation and/or breathing exercises to help lower your stress.
- Communicating with your physician about any depression you're feeling.

- Seeking mental health treatment when necessary.
- Being open about your mental health struggles with those closest to you.
- Visiting your doctor at least once per year for a physical exam and screening.
- Make additional visits to the doctor if you have a health problem.
- Eating healthy, getting moving, and taking back control of your health!

As mentioned above, men have a shorter life expectancy than women. This gap has widened over time, and men are currently expected to live 5 fewer years than women on average. Let us take the first step to a healthier lifestyle for you and the men in your life by bringing awareness to these unique challenges that can be prevented and even reversed by developing better habits. This Men's Health Month, BRMS is focused on helping men optimize their health by getting the right care when they need it.

Father's Day is on Sunday, June 18, 2023

It is a day to celebrate and honor fathers and father figures for their contribution to their children's lives.

8 Fun Fitness Activities to Do with Dad on Father's Day

- **Play a Fitness Video Game** - There's no need to leave the house to do a fun fitness activity. You can play a fitness video game right from the comfort of your own living room.
- **Find a Secret Hiking Trail** - Can you think of anyone better to go on an outdoor adventure with than your dad? Even if hiking is not an activity your father would usually do, do not let that stop you from trying it out. All Trails hiking app can help you find a nearby trail or hiking spot at the right length and difficulty level. [AllTrails](#) conveniently categorizes hikes as easy, moderate, or hard. Additionally, you can use the app to filter hikes by length.
- **See Who Can Swim the Fastest** - Grab your dad and head out to a swimming pool. If you don't have a pool, you may be able to find a public swimming pool to dive into. The best part about swimming is that it's not only fun but also an enjoyable physical activity with plenty of health benefits.
- **Join a Special Father's Day Workout Class** - Did you know that working out together towards a common goal can build teamwork and make your relationship so much stronger? Cannot make it to the gym? There are many family friendly workout classes available on YouTube, you do not even have to leave the house or use a ton of floor space to get fit. There are plenty of videos to choose from, all of which are free of charge.

- **Compete in a Jump Rope Challenge** - There are not a lot of entertaining fitness activities that burn as many calories as jumping rope. And no, it is not just something that kids do during recess at school; it is a fun, versatile piece of workout equipment.
- **Do Some Garden Work Together** - Spending time gardening is not a typical fitness activity, but it can burn a surprising number of calories. Whether you are gardening on the family farm or simply planting some herbs on your windowsill, you can create memories that last forever while working up a sweat.
- **Go for a Bike Ride** - Young or old, going for a bike ride is a lot of fun

