

June
Men's Health Month
National Safety Month

"Anywhere is paradise; it's up to you."

Author Unknown



B. SAFE

It's pool season! Is your pool safe for anyone that may enter it? Do you have the proper safety equipment on hand and do you know how to use it?

Make sure everyone in the house knows the rules and how to use all the safety equipment. Also make sure your pool is secure when you are not home.

B. Tipped Off

Use sun screen when outside

B. CHECKED

"I'm healthy, I don't need to see a doctor." Many times men don't go to the doctor for regular check ups. Maybe it's fear of the unknown or maybe it's the fear of our own mortality. The fact is the earlier we catch most diseases the more favorable the outcome.

I'm sure most guys will take their car to the mechanic if the check engine light comes on. Since you don't come with a check engine light, you should see the doctor for your 20,000 mile check up. Just think of your doctor as your body's mechanic.



B. SELFISH



Not that kind of selfish. It seems like we are becoming more and more of a "me" society except when it comes to our health. People seem to be in a hurry and it seems they think their time is somehow more important than yours. How many times have you heard, "I'm in a hurry, I don't have time or I don't have money." Everyone finds time and money to do the things they find important to them. If everyone took their health that seriously it would be cool. Imagine making time for your health like you make time to watch your favorite show or find money for the gym like you find the money to go out to eat.

B. SAFE

Vacation season is upon us. Here are some tips to keep your house secure while on vacation: have neighbors you trust check it daily and bring in the mail and newspapers, place lights on timers, make sure windows and doors are visible, have motion detector lights outside, use an alarm service and talk to your local police.

Practically Speaking Change is Hard

We all have PAINS in our lives. People Against Instituting New Solutions, and that may include ourselves. When you change it also changes how others may interact with you. If they fear change they may try to stop you from changing because it messes with their comfort zone and how they know you.

Now add in our habits. Habits kick in automatically without us even thinking about them. Throw in our environment next. We generally create an environment around us that is comfortable to us and supports our habits both good and bad.

Now let's mix in social influences. Marketing companies know how to influence you and how to move you to an action they want you to take.

We need to develop a plan, add new skill sets and have accountability partners to successfully navigate all that may hinder our progress.

Mark

B. ACTIVE

The best time to plant a tree is 25 years ago. The second best time is today and so it goes with exercise and your health. A question often asked of trainers is, "how do I burn off this fat fast?" The answer is, you don't.

To burn fat off a few things have to happen. First your caloric intake has to be right so your body is working effectively. Next you must exercise efficiently and build lean muscle mass. That includes doing aerobic type exercise to burn fat and strength training to build muscle or slow down the rate we lose it.



B. NUTRITIOUS



Moroccan Omelet

- ◆ 1/4 small onion minced
- ◆ 1/4 cup low sodium vegetable broth
- ◆ 8 grape tomatoes, halved
- ◆ 1 tsp. fresh lemon juice
- ◆ 1/2 cup rinsed, drained, canned chickpeas
- ◆ 1 large egg plus 3 egg whites beaten
- ◆ 3/4 cup baby spinach
- ◆ 1/4 avocado sliced
- ◆ 1/8 tsp. ground cumin plus pinches each of ground coriander, turmeric, cinnamon and black pepper
- ◆ 1 small clove garlic, minced

Directions: In a nonstick skillet cook onion and broth over low heat until translucent. Add tomatoes, lemon juice, garlic, spices and chickpeas. Cook, stirring occasionally until tomatoes cook down slightly. Transfer to a bowl. Wipe skillet and mist with olive oil. Pour in eggs and spinach and cook until eggs set— about 4 minutes. fold omelet and plate topping with ingredients in the bowl and garnish with avocado. One serving, 394 calories, 14g fat, 12g fiber, 27g protein, 42g carbs.



If you have a question you would like answered, please contact me at mkrug@ConnectCare3.com
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