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SWOSU BULLDOG WELLNESS


Newsletters

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SWOSU Bulldog Wellness Committee

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SWOSU

Bulldog Wellness

June 2021

Men's Health Month

Focusing on improving the lifestyles of men.

Men's Health Week:
June 14-20, 2021

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

According to the Centers for Disease Control and Prevention, the leading causes of death among men are heart disease, cancer, and accidental death.

It is important to encourage the men in our lives to get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle.

- ✓ Know your preventable risks
- ✓ Take steps to create healthful habits
- ✓ Schedule routine tests for early detection of disease
- ✓ Learn your risk factors
- ✓ Document your family history with your physician

7 HEALTH FACTS MEN NEED TO KNOW

- GENETICS:** Only 30% of a man's overall health is determined by his genetics. 70% is controllable through lifestyle.
- MENTAL WELLNESS:** Men live 9 years in poor health - mostly preventable by making small lifestyle changes. Inactive men are 60% more likely to suffer from depression than those who are active.
- DRINKING:** Those who consume 4 to 10 drinks a week at most have a lower risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost doubles your risk of type 2 diabetes.
- SLEEP:** Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.
- NUTRITION:** How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, 1/2 an avocado, and a pear.
- ACTIVITY:** Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.

<http://www.menshealthmonth.org>

Men's Health Is a Family Issue

"Recognizing and preventing men's health problems is not just a man's issue.

Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

-Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994)

National Iced Tea Month

*Current science supports that drinking unsweetened green and black brewed tea daily, hot or iced, **CAN HELP SUPPORT A HEALTHY HEART.***

Unsweetened tea is a zero-calorie beverage, 99.5% water, and rich in flavonoids (bioactive compounds naturally found in green and black tea, wine, cocoa, fruit, and vegetables). Flavonoids have long been associated with multiple health benefits.




Consuming flavonoid-rich tea as an alternative to sugar-sweetened beverages has been associated with slightly **HIGHER GOOD CHOLESTEROL (HDL)** levels and **LOWER BODY MASS INDEX (BMI)** values.



Try something fun and healthy!




[4 Healthy Iced Tea Recipes](#)

TRY IT HOT

-  1 Fill a cup with boiling water and add 1 teabag*
-  2 Step for 3-5 minutes
-  3 Enjoy!

**Do not microwave teabag*

LIPTON QUICK CHILL METHOD

-  1 Fill half a pitcher with boiling water, and add 4 teabags for 3 minutes
-  2 Fill the rest of the pitcher with ice
-  3 Enjoy now, or refrigerate for later

