



Message from the Holy Family Health Ministry

June is Men's Health Month



Men's health is not just a 'man's issue', it is a family issue. Men's health can impact everyone around them: wives, mothers, daughters, sisters, brothers, other family members and friends.

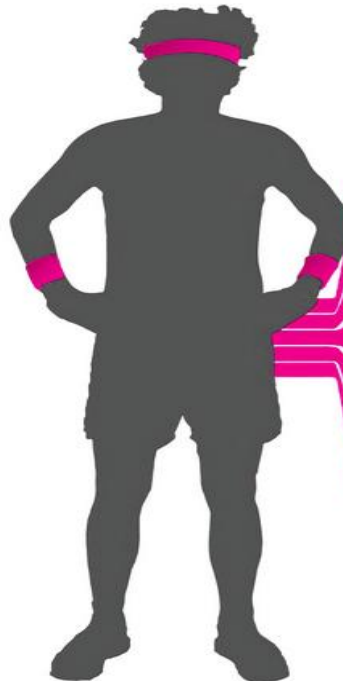
MEN'S HEALTH FACTS

4.4

Men live 4.4 years less than Women.

11

The last 11 years will be in poor health.



Men are more likely to die from heart disease at earlier ages



Men are at a significantly higher risk of dying from liver disease.



80% of spinal cord injuries occur in young Men.



70% of development and learning disabilities affect Boys.



Men have an increased risk of dying from diabetes.

Take Action This Men's Health Month



Make a commitment to your health

I urge you therefore, brothers, by the mercies of God, to offer your *bodies* as a living sacrifice, holy and pleasing to God, your spiritual worship. *Romans 12:1*





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- Eat healthy** – add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.
- Get moving** –make a personal goal to reach 2 ½ hours of physical activity per week. Participating in activities you enjoy will help you to stay motivated.
- Quit tobacco**- tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.
- Make prevention a priority** – schedule yearly checkups and regular health screenings with your doctor or local health department.
 - *Monthly testicular self-exams are important for the early detection of testicular cancer.*
- Manage Stress** Find healthy outlets like hobbies, **meditation**, or talking with friends or professionals to handle daily stress.
 - **By meditating we come to make our own that which is God's.**



Don't ignore the signs

When things affecting your health are constantly ignored it becomes a bigger problem that forces you to pay attention to it in the future. If something can be rectified in its early stages, deal with it.



Sleep regularly

The recommended time is between 6-8 hours. This will help you feel more alert, refreshed and ready to take on the day.

Make an appointment

This week make a goal for yourself to get a checkup, a physical you've been meaning to do, or everyone told you you need to do. No more excuses.

Break the stigma

This week, try to invoke change by starting conversations on men's health, in particular mental health. Stick with the facts and encourage others to seek help if they need it.



Set an example

Men, consistently pull the above healthy habits together and be a role model for those who may be watching you.

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