

A monthly wellness newsletter from Better You

Guys: Is it time for a tune-up?

Are you taking better care of your car than your body? June is Men's Health Month, and like your car, your body needs upkeep to continue running smoothly.

Skipping your annual wellness checkup is like never changing your car's oil and can lead to problems down the road. Men tend to avoid screenings and exams, but catching problems early is key to easier and less expensive treatment.

Here are five steps to stay healthy and reduce your health risks:

1. See your doctor for checkups and screenings. Screenings may include blood tests, blood pressure checks, and testicular and prostate checks.
2. Nicotine harms your heart. It constricts your blood vessels and increases the risk of heart disease. If you smoke, talk to your doctor and visit [smokefree.gov](https://www.smokefree.gov) or click the [self-referral form](#) (Floridians only) for help quitting.
3. Limit alcohol to two drinks a day. Alcohol increases your blood pressure and your risk of stroke.
4. Lose extra weight to ease strain on your heart and lower your risk of diabetes. Just a modest 5-10% weight loss can improve your health.
5. Get moving! Just like your car, you are designed to move. Any amount of physical activity is beneficial, but aim for 150 minutes of

exercise each week, and add strength training twice a week to maintain muscle.

Treat your body like a finely-tuned race car and take care of your body. It's your most important machine!

For more information about preventive care, visit the [Centers for Disease Control and Prevention](#).

Resources: [CDC.gov](https://www.cdc.gov); [Cancer.gov](https://www.cancer.gov)



Nourishing hope—treating eating disorders

Eating disorders can happen to anyone, regardless of age, race, background, and gender.

From a busy soccer mom to a teen girl posting on social media to a male wrestler trying to meet weight, eating disorders have severe impacts both physically and mentally.

In fact, 9% of people in the U.S. will have an eating disorder at some point in their life. It's also the second leading cause of death for a mental health illness after opioid abuse.¹

Important: Eating disorders are

treatable. Learning the warning signs and symptoms can help you or someone you love get help as soon as possible.

Webinar:

[Join us](#) on Thursday, June 20 with Dr. Kim Sundling, who will talk about what you should know, including:

- Types of eating disorders
- Who's most at risk for developing an eating disorder
- Warning signs and symptoms
- Treatment options

Resource: ¹ [National Eating Disorders Association](#)

*Florida Blue contracts with Lucet to provide behavioral health services.



Learn more on [BlueAnswers](#). You can also call Lucet, our mental health care partner, at 1-866-287-9569 to talk to someone.*

The path to recovery is possible.

Avocado Hummus (Serves 10)

Ingredients:

- 1 (15 ounce) can no-salt-added chickpeas
- 1 ripe avocado, halved and pitted
- 1 cup fresh cilantro leaves
- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic

- 1 teaspoon ground cumin
- ½ teaspoon salt

Directions:

Drain chickpeas, reserving 2 tablespoons of the liquid. Transfer the chickpeas and the reserved liquid to a food processor. Add avocado, cilantro, tahini, oil, lemon juice, garlic, cumin and salt. Puree until very smooth.



Serve with veggie chips, pita chips or crudités.

Recipe courtesy of [Eatingwell.com](#); for nutritional information click [here](#).

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