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Fresno County Wellness November 2016 Men's Health



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  <u>START OF THE MOVEMBER CHALLENGES</u>	2 Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	3	4	5 Exercise to melt away stress. Exercise produces a relaxation response that helps elevate your mood.
6	7  <u>MEN'S HEALTH AND SAFETY</u>	8	9 Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	10	11	12
13	14  <u>SCREENING TESTS FOR MEN</u>	15	16 Weight Watchers @ Work 12 - 1 pm Plaza Bldg 21st Floor Training Rm	17	18	19 An ounce of prevention is worth a pound of cure. Did you know <u>preventive services are free</u> on your health plan?
20	21  <u>THE MOVEMBER FOUNDATION</u>	22	23	24  <i>Thanksgiving County Holiday</i>	25 <i>County Holiday</i>	26
27	28  <u>PROSTATE CANCER</u>	29	30  <u>END OF THE MOVEMBER CHALLENGES</u>	Employee Benefits - Wellness Phone: 600-1810 Email: wellness@co.fresno.ca.us <u>Wellness Resources Webpage</u>		

The MOVember Challenges for Men's Health Awareness

MOVember and No-Shave November are movements that encourage growing facial hair for the month of November to raise awareness regarding men's health. The "MOVE" in MOVember emphasizes the importance of physical activity for everyone.

Challenge #1

Movember/ No-Shave November Challenge

- 1) November 1 - Start with a clean-shaven face and take a "before" picture.*
- 2) Grow and groom a mustache, beard, goatee, etc. all month long
- 3) November 30 – Take an "after" picture!*

*Submit your "before" picture to wellness@co.fresno.ca.us by November 5 and your "after" picture by December 5, 2016 to be entered into the wellness raffle to win prizes including a \$50 gift card.

Challenge #2

MOVember Challenge

- 1) November 1 – Get MOVING!
- 2) Exercise or participate in a physical activity for at least 20 minutes every day of November.
- 3) Take a picture of yourself MOVING.*

*Submit your "MOVING" picture to wellness@co.fresno.ca.us by December 5, 2016 to be entered into the wellness raffle to win prizes including a \$50 gift card.

*The challenges are open to all County of Fresno employees.
Raffle prizes were donated by wellness vendors.

Men's Health

Message from Dr. Ken Bird, Health Officer



November brings us to men's health month (think: Movember and No Shave November).

It's an over simplified and over used analogy, but appropriate, I believe, to compare preventive medical interventions to the regular maintenance that we all make sure we do on the possessions that are most valuable to us. If we can manage to find the time and make the effort to prevent major damage to these things, why would we not make the same effort to protect our most prize possession, our health?

We spoke briefly about cancer screening in the last Wellness issue, during women's health month. As is the case with women, cancer is the second leading cause of death in men of all ages (just behind heart disease), and is expected to be the leading cause of death within the next few years.

The probability of developing an invasive cancer in men from birth to 49 years is 1 in 29, compared to 1 in 19 for women. From age 50 to 59 that probability is 1 in 15 for men, and 1 in 17 for women.

As with women, lung cancer and colorectal cancer are the first and third leading causes of cancer death in men, and both cause more death in men than women.

Prostate cancer replaces breast cancer as the second leading cause of cancer death in men, but kills fewer men than breast cancer kills women.

Although cancer screening recommendations are continually evolving, particularly with regard to prostate cancer, the importance of these screenings and discussing them with your healthcare provider cannot be overstated.

Learn more. Protect yourself. Have the conversation.

Dr. Bird



Learning Resources

When it comes to health and wellness, sometimes we want to do better, but we don't know where to start. To learn more about men's health review the November wellness calendar for links to helpful articles and health tools. A special thanks to the [Department of Public Health](#) staff for their collaboration in providing wellness content.

Wellness News

2017 Open Enrollment

Reminder: The last day of Open Enrollment is Thursday, November 10, 2016. Click [here](#) to visit the Open Enrollment page and learn more about health plan options for 2017.

The MOVEMBER Challenges

The MOVEMBER Challenges to promote men's health and exercise for everyone are back. Join in the fun! Click [here](#) to learn more about this competition which runs the month of November.

Anthem's Diabetes Prevention Program: I-Minute Quiz

Are you at high risk for developing diabetes? Get paid to find out. Anthem is offering a \$10 gift card through December 1 for completing the I-minute quiz (while supplies last). This offer is for County of Fresno Anthem members and adult dependents as part of Anthem's Diabetes Prevention Program (DPP). [Take the I-minute quiz here.](#) To learn more about the DPP, click [here](#).

Upcoming Wellness Webinars

Participate in these live wellness webinar trainings from the convenience of your workstation.

[Holiday Stress.](#) Thursday, December 8, 2016 from 11 a.m. to 12 p.m.

[Healthy Choices for Men.](#) Thursday, December 15, 2016 from 11 a.m. to 12 p.m.

Live Wellness Webinar

*Attend training from the
convenience of your workstation.*

Healthy Choices for Men



Date/Time: Thurs., Dec. 15, 2016, 11 a.m. to 12 p.m. (next month)

Description: Whatever your age, it's never too late to learn how to live healthier. This class focuses on the biological changes that occur at different ages and stages of a man's life.

How to register for this training: Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

Contact: HRTraining@co.fresno.ca.us

Tips to Avoid Holiday Weight Gain this Year

Don't go to a party hungry. You know not to grocery shop on an empty stomach, so don't hit a holiday shindig on one either.

Don't eat just to be polite. The next time you're being strong-armed into eating a high-calorie confection, simply say, "No thank you, it looks delicious, but I'm trying to lose weight."

Get your priorities straight. Ask yourself which foods you won't likely see again until next year — then savor them in moderation.

Keep a friendly distance from the food. If you stay at arm's length away from the buffet table, you'll be less tempted to mindlessly nosh while you're mingling.

Add it up. Never leave a party without knowing how much you've eaten. Yes, that includes those tiny, addictive appetizers. This goes for baking days, too — don't let yourself "forget" those extra tastes.

Go easy on the drinks. Alcohol, which tends to flow freely during the holidays, packs a double whammy. It's chock-full of calories, and it lowers our inhibitions, making us dive into dishes that we'd have a fighting chance at resisting if we were sober.

Get moving. Sure you have a shopping list to plod through, but that's even more reason to hit the gym. After a half-hour on the treadmill, your mother-in-law's impending visit and the holiday cards you have to mail won't seem quite so overwhelming. If there's ever a time to exercise, it's during the holidays. It's one of the most stressful periods of the year!

Courtesy of Weight Watchers

Wellness Recipe: Sage Stuffing

Thrill your holiday guests with this healthier stuffing recipe.

Ingredients

30 slices (1 oz each) day-old whole grain bread, crusts removed, cut into small cubes
1 tablespoon olive oil
1 large onion, chopped
3 large celery stalks, chopped
1/3 cup coarsely chopped walnuts
1/2 bunch fresh sage, stems removed, coarsely chopped
1 egg, lightly beaten
3 cups hot low-fat reduced-sodium chicken broth
1/2 cup dried cranberries or dried cherries, coarsely chopped
Kosher salt and fresh-ground black pepper to taste
Paprika



Instructions

1. Preheat oven to 375° F. Add the bread to a large bowl.
2. Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 2 minutes. Add the sage and cook for 1 minute.
3. Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika. Bake for about 40 to 45 minutes, or until the top is browned and crusty.

Nutrition Facts

Serving Size: 1/2 cup

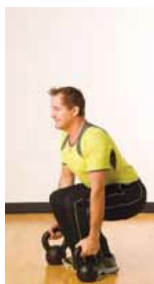
Calories: 190	Carbohydrate: 28 g	Protein: 8g	Sodium: 385 mg
Fat: 6g	Saturated fat: .9g	Sugars: 6g	Dietary fiber: 5g

Kettlebell Workout

A kettlebell is a cast-iron ball with a handle affixed to the top which is used for exercises that combine cardio, strength, and flexibility. It's better to choose a lighter weight and focus on correct technique. For beginners, it is recommended women choose an 8 to 15 pound kettlebell and men choose a 15 to 25 pound kettlebell. You should consult your physician before starting any exercise program.

Kettlebell Deadlift (glutes, quads, back)

- Stand with feet hip-width apart, arms at your sides, and place a kettlebell adjacent to each foot.
- Engage your core and abdominal muscles ("bracing") to stabilize your lower back and maintain this contraction throughout the exercise while breathing normally.
- Depress your shoulders and squeeze your shoulder blades together ("setting your shoulders") and maintain this position throughout the exercise.
- Initiate your downward movement by pushing your hips backward ("hip hinging") before lowering your body toward the floor.
- Avoid allowing your knees to travel forward to initiate your downward movement.
- Firmly grasp the kettlebell in each hand, pausing momentarily to check your body



alignment. Your heels should be in contact with the floor and remain in contact with the floor throughout the exercise. Your tibia (shin bone) and torso should be parallel to each other, with your shoulders positioned directly over the kettlebells or slightly in front of them.

- Maintain your "bracing" and "shoulder set position," exhale while firmly grasping each kettlebell, raising your body until you return to a full standing position.
- Inhale and slowly return to the lowered position.
- Complete 8-12 repetitions.



Kettlebell Single-Arm Swing (glutes, quads, back)

- Stand with feet hip-width apart, and place a kettlebell between your feet.
- Set your shoulders and brace, maintaining these contractions throughout the exercise.
 - Hip hinge to lower your body down to grasp the kettlebell with one arm.
 - Exhale, initiating an explosive upward movement to swing the kettlebell upward, returning to a vertical standing position (do not swing your torso beyond vertical).
 - The momentum gathered through the lower extremity should allow the kettlebell to swing until the arm is parallel to



the floor. Maintain alignment through the wrists, preventing them from flexing or extending past the parallel arm-position.

- Remember that this is not a shoulder exercise, but an exercise to generate explosive forces in the hips. If you are unable to achieve the desired arm position, attempt to thrust harder with your glutes from the lowered position.
- Complete 8-12 repetitions.

Kettlebell Single-Arm Row (back, biceps, core)

Assume the starting push-up position, but place one kettlebell beneath the left shoulder.

- Open up your stance, widening your feet to help stabilize your body.
- Brace to stabilize your trunk, and maintain a stiff, rigid trunk throughout the exercise.
- Grasp the kettlebell in the left hand, exhale and slowly perform a row movement, lifting the kettlebell toward your left shoulder, holding it in the raised position briefly before lowering it back toward the floor.
- Attempt to prevent any rotation of your torso throughout the movement.
- Complete 8-12 repetitions.



Courtesy of acefitness.org.