

NIGHTHAWKS WELLNESS NEWSLETTER

Men's Health Month

June 2017

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EXERCISE FOR THE MONTH

Lying Leg Press

Instructions:

Starting Position: Place your shoulders under the pads and your feet should be about shoulder width apart on the platform.

Release the safety bars and bend your knees into a squatted position.

Once your thighs break parallel then extend your legs to a soft bend in your knees.

Repeat for the prescribed number of reps.

Keep your abs tight throughout the movement to minimize low back injury or strain.

WHAT IS MEN'S HEALTH MONTH?



Men's Health Month aims to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among males. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage males to seek regular checkups, medical advice, and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe each year.

Most men need to pay more attention to their health.

Compared to women, men are more likely to:

- Smoke
- Drink alcohol
- Make unhealthy or risky choices
- Put off regular checkups and medical care

The good news is that you can start taking better care of your health today.

How can I take charge of my health?

See a doctor for regular checkups even if you feel fine. This is important because some diseases don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.

You can also take care of your health by:

- Getting screening tests that are right for you.
- Making sure you are up to date on important shots.
- Watching out for signs of health problems like diabetes or depression.
- Eating healthy and getting active.

FACILITIES - GAINESVILLE CAMPUS

The Hugh Mills Physical Education Complex is located on the Gainesville Campus near the tennis courts and across from the John Harrison Hosch Library. This building houses a large gymnasium, a fitness center, a junior Olympic-sized swimming pool, and department and faculty offices. Also included in the complex are tennis courts, an outdoor track, recreation fields, and jogging/bike trails. Call for hours at 678-717-3485 or 678-717-3414.

TAKE ACTION!

Use these tips to take charge of your health.

Make small changes every day. Small changes can add up to big results – like lowering your risk of type 2 diabetes or heart disease.



- Take a walk.
- Try a green salad instead of fries.
- Drink water instead of soda or juice.
- Eat less salt.

SALMON WITH GINGER-SOY BUTTER

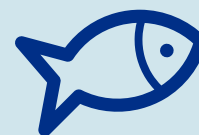
- 4 salmon fillets, 4 to 6 oz each
- 2 tbsp unsalted butter, softened at room temperature for an hour or two
- 1/2 tsp minced chives
- 1/2 tsp fresh ginger, peeled and grated (or minced)
- juice of one lemon
- 1/2 tsp low-sodium soy sauce

DIRECTIONS

Combine everything except the salmon in a bowl and stir vigorously with a wooden spoon until the ingredients are incorporated. Set aside.

Heat a tablespoon of olive oil or canola oil in a large stainless-steel saute pan over medium-high heat. Season the salmon with salt and pepper; when the oil is lightly smoking, add the fish, flesh side down, to the pan. Cook for 4 to 5 minutes until the skin is lightly charred and crisp. Flip the fish and cook for 2 to 3 minutes more, until the flesh flakes with gentle pressure from your finger but is still slightly translucent in the middle. (Salmon is best served medium, but if you want yours completely cooked, sauté for another 2 to 3 minutes.)

Serve the salmon with a generous spoonful of the flavored butter, which should begin to melt on contact.



Wear BLUE Day Friday, June 16 to support the men in your life. Whether it's a friend, brother, dad, spouse or boss, show them you care about them and their health by wearing blue.

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