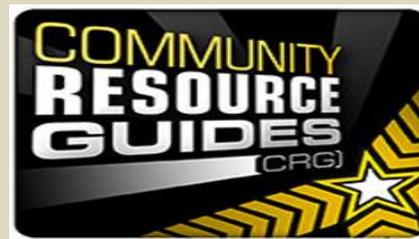


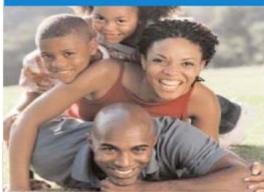
What is the Fort Benning Health Promotion Council?

Mission: Organize, plan, coordinate and implement comprehensive health promotion and well-being processes based on initiatives to enhance resiliency and readiness for the Fort Benning Community.

Check out our web page and our Community Resource Guide!



**June is
 Men's
 Health
 Month!**



Men's Health Network

Men's Health Network (MHN) is a non-profit educational organization made up of physicians, researchers, public health workers, individuals and other health professionals.

MHN was founded in 1992 by a group of health professionals and key thought leaders interested in improving the health and well-being of men, boys and families.

The Goal of Men's Health Month

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

Alarming statistics show that men's health is at great risk.

On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis.

Research shows that:

- men do not see physicians for a physical exam nearly as often as women
- men are dying of the top causes of death at higher rates than women
- men are more likely to be uninsured than women
- approximately 30,000 men in the US die each year from prostate cancer

Find events in your area by checking the Men's Health Calendar at: www.menshealthnetwork.org

Want some interesting and fun things to do during Men's Health Month? Visit us at: www.menshealthmonth.org



**DO
 SOMETHING
 TODAY
 THAT YOUR
 FUTURE SELF
 WILL
 THANK YOU
 FOR.**





Vacation Time is here! Destination: Healthy Travel!

BEFORE YOU LEAVE

- Pack Your First Aid Kit: Bandages & Neosporin, Hydrocortisone Cream, Benadryl, Imodium, Prescription Meds
- Check Your Health Insurance: Not all medical insurance covers abroad. Ask about exclusions.

GETTING THERE

- On an Airplane: Drink lots of water, use saline nasal spray, and keep your hands off your face. To keep clots from forming on long flights, periodically raise and lower your heels while seated and walk up and down the aisle a few times. If you feel calf pain when you flex and unflex your foot, call a doctor upon landing. Bring along an alcohol-based hand sanitizer or antibacterial wipes to clean your hands, tray tables, and armrests, which can be teeming with germs.

IN THE HOTEL ROOM

- Don't Let the Bedbugs Bite: Bedbugs are equal-opportunity pests: You're as likely to encounter them at a high-end hotel as at a budget dive. When packing, pop clothes into giant sealable bags. Upon arrival, deposit your luggage in the shower, and do a visual sweep for the apple-seed-size bugs (and specks of blood) on the mattress and upholstered furniture. Even if your room is clean, keep your suitcase off the floor. Avoid draping your clothes over the furniture or placing them inside the dresser drawers. As soon as you get home, launder all of your clothes- even those you haven't worn- on the hottest washer and dryer settings.

EAT SMART

- Be wise about breakfast: Waffles and pancakes look tempting, but think of them as set decorations.
- Count beverage calories: Cruise ships and all-inclusive resorts offer an endless supply of juices, sodas and sweetened cocktails.
- Say NO to nocturnal noshing: Where else but a cruise ship would find Midnight Buffets? No one should be eating from the towering chocolate fountain that late at night.
- Run from RAW: That includes undercooked eggs, red meat and poultry whose juices run pink.
- Beware the buffet: If cooked food has been sitting out for a while, do yourself a favor and don't eat it. The presence of steam is a good sign that the food is hot enough. Cold food should be sitting on plenty of unmelted ice.
- Turn off the tap (Especially out of the U.S.): Bottled water is your safest bet. Never swallow water in the shower or from the sink-brush your teeth with the bottled stuff.

TAKE YOUR FITNESS ON THE ROAD

- Find an app: Whether your travels take you to Paris, France, or Portland, OR, mapmyrun.com has apps that let you chart a run, hike, or kayak trip.

Source: <http://www.prevention.com/health/healthy-living/healthy-travel-guide-tips-fun-safe-vacation>

How does your workplace lunch stack up?

Take the quiz and assess your midday meal habits



1. Do you try to bring your lunch from home at least a couple of days per week?
 - A) Yes
 - B) No
2. How many days in a work week do you eat fast food for lunch?
 - A) Once or twice a week
 - B) Most days
3. When you're ordering a sandwich or a sub, which are you more likely to choose?
 - A) Turkey, grilled chicken or lean roast beef
 - B) Meatball, sausage or BLT
4. You order chicken for lunch. Which way do you like it prepared?
 - A) Grilled or oven-baked
 - B) Breaded and fried
5. To wash down your meal, which drink are you more likely to choose?
 - A) Water or 1% milk
 - B) Pop or other sugary beverage
6. What toppings are you most likely to choose on a pizza slice?
 - A) Lots of veggies, ham or chicken
 - B) Pepperoni, bacon or ground beef
7. When you order a salad, how do you like it prepared?
 - A) Dressing on the side
 - B) Fully dressed
8. How often do you look at the nutrition information for a restaurant before ordering (whether online or in-store):
 - A) Whenever the restaurant has the information available
 - B) I don't usually think about it
9. When you order a dressing or sandwich spread, what do you often choose?
 - A) Tzatziki, BBQ, mustard
 - B) Ceasar, creamy ranch, mayonaise, regular Italian or other dressing
10. When you decide to stop eating?
 - A) When you feel satisfied
 - B) When everything on your plate has been eaten

Results

For every A answer, give yourself one point.

B answers get no points.

Results:

8-10 points

You're a healthy lunchtime eater!

4 to 8 points

You're on the right track!

0 to 4 points

You could be eating healthier lunches!

6 Ways to Have a Healthier Barbecue



Research has shown that grilling meats at high heat can cause the carcinogens heterocyclic amine (HCA) and polycyclic aromatic hydrocarbons (PAHs) to form. But you don't have to give up grilling just yet!

6 Tips to making safe grilling fare

- **Use a marinade:** A 2008 study found that spicy marinades can decrease HCA formation
- **Add alcohol:** (no, not to your glass) Marinating beef in red wine for 6 hours before grilling can decrease carcinogens by up to 40%- according to a study by the University of Porto in Portugal
- **Turn down the heat:** Studies show that higher temperatures lead to an increase in HCA's. Try to cook your meat below 325 °F which is the temperature at which HCA's begin to form
- **Precook food in the microwave:** Before you fire up the grill, nuke meat in the microwave for one or two minutes at medium power. Studies have shown that microwaving meat for two minutes prior to cooking decreased HCAs by 90%.
- **Grill Veggies:** Grilled veggies offer that same hot-off-the grill taste but don't contain carcinogens like their meaty counterparts.
- **Less is more when it comes to marinating:** Marinating meat for long lengths of times may lower the percentage of antioxidants in the sauces.

http://www.health.com/health/gallery/0,,20400685_7,00.html

**THOSE WHO
THINK THEY HAVE
NO TIME FOR
HEALTHY EATING
WILL SOONER OR
LATER HAVE TO
FIND TIME
FOR ILLNESS.**

**THANKS,
I WORKOUT**

Funeralformyfat