



***Start Your Summer Off Strong***

**@sharecare**

# Objectives

- Men's Health Month
- Seasonal Eats
- Outdoor Activities
- Summer Safety
- Stress Relief
- Additional Resources



# Men's Health: The Basics

According to the CDC, the **leading causes of death among adult men in the US:**

- Heart disease
- Cancer
- Unintentional injuries
- Chronic lower respiratory disease
- Stroke

**The biggest threats to men's health are often preventable.**

# Men's Health

**During your physical exam, your provider may also ask you about:**

- Depression
- Diet and exercise
- Alcohol and tobacco use
- Safety, such as use of seat belts and smoke detectors



# Veggie and Fruit Facts

- Federal guidelines recommend that adults eat at least:
  - 1½ to 2 cups per day of fruit AND
  - 2 to 3 cups per day of vegetables
- According to the CDC, 1 in 10 adults meet this recommendation
- Diets deficient in fruits and vegetables increase risk for chronic diseases like diabetes and heart disease



# Seasonal Eats

- Farmers' markets
- Shop in season
- Light and fresh meals



# Grilling Quiz!

What is the percentage of Americans that own a grill or smoker?

A. 25%

B. 50%

C. 75%

D. 85%

# Grilling Quiz!

What is number one holiday for grilling?

- A. Memorial Day
- B. Fourth of July
- C. Labor Day
- D. Father's Day

# Grilling Quiz!

What is most popular grilled food?

- A. Hamburgers
- B. Hot dogs
- C. Steaks
- D. Chicken

# Healthy Grilling

- Grilled proteins
  - Lean meat, chicken, fish
- Produce on the barbie!
  - Side dishes
  - Dessert



# Grilling Tips

1. Trim the fat before grilling
2. Limit food time on the grill
3. Keep smoke to a minimum to avoid harmful chemicals
4. Use a foil barrier



# Summer Safety: Grilling

## Grilling considerations

- Start with a clean grill
- Separate plates for uncooked and cooked foods
- Separate utensils for uncooked and cooked foods
- Leave towels in the kitchen



# Outdoor Activities

- Make it simple
- Sports
- Family fun
- Sight seeing



# Summer Safety: Outdoor Awareness

- Drownings are the leading cause of injury/death for young children ages 1 to 4
- 200,000+ annual ER visits for playground-related injuries
- Boat with confidence and life jackets
- Protect yourself from bug bites and diseases

# Physical Activity Guidelines\*

- Adults should move more and sit less throughout the day.
- Some activity is better than none.

**For substantial health benefits, adults should do at least:**

**150-300 minutes  
a week of  
moderate  
intensity activity**

or:

**75-150 minutes of  
vigorous intensity  
aerobic activity a  
week**

**or a  
combination  
of moderate  
and vigorous  
activity**

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Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

*Additional health benefits are gained by engaging in physical activity beyond 300 minutes of moderate intensity exercise.*

\*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs appropriate and safe for you.

# Summer Safety: Exercise

## Summer workout pointers

- Workout first thing in the morning
- Wear sweat wicking clothes
- Watch the weather
- Stay hydrated



# Stress Relief

## 10 Healthy Habits

1. Connect—Talk with family and friends.
2. Engage in daily physical activity.
3. Embrace the things you are able to change.
4. Remember to laugh.
5. Give up the bad habits.
6. Slow down.
7. Get enough sleep.
8. Get organized.
9. Practice giving back.
10. Try not to worry.



# Stress Relief

## Soak up the sun

- Picnics
- Bike rides
- Nature walks
- Festivals





# Resources

# Resources

Start at [ohio.gov/tclw](https://ohio.gov/tclw)



Learn more about your health by getting a biometric screening, to learn your:

- Weight
  - BMI
  - HDL and LDL levels
  - Cholesterol levels
  - Blood Pressure
- 
- Schedule an appointment with your doctor
  - Enroll in Well-Being Coaching: **1-866-556-2288**

# Resources for Wellness

Start at [ohio.gov/tclw](https://ohio.gov/tclw)

The screenshot shows the top navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. Below the navigation is a large teal banner with the text "welcome" and "FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE." followed by a paragraph: "Every day you can make a positive change or discover a strength you didn't know you had. It all starts here. Choose a new goal, pick a new challenge, try a new recipe and make life better every day." Below the banner are three icons in circles: a mountain for "PERSONAL GOALS", a trophy for "GROUP CHALLENGES", and a fork for "LIBRARY". Each icon has a short descriptive paragraph below it.

**PERSONAL GOALS**  
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.

**GROUP CHALLENGES**  
Improving your well-being is more fun when you do it with others. A touch of spirited sparring makes it even better.

**LIBRARY**  
Find great and healthy ideas for dinner tonight (and the rest of the year). You can also check out articles and videos about the topics that interest you.

## Sign into Well-Being Connect to:

- Review your biometric results ([Health Record](#))
- Find articles on stress management and heart health ([Library](#))
- Keep on track with your goals ([Personal Goals](#) and [Challenges](#))

# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2**

# Resources For You

## Academy of Nutrition and Dietetics

- [eatright.org/](https://eatright.org/)

## American Council on Exercise

- <https://www.acefitness.org/>

## American Heart Association

- <http://www.heart.org>

## Centers for Disease Control

- <http://www.cdc.gov>

## Mayo Clinic- Men's Health

- <http://www.mayoclinic.org>



**Thank You!**

**[ohio.gov/tclw](https://ohio.gov/tclw) • 1-866-556-2288**

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