

June

Men's Health Month

Compared to women, men are at greater risk for developing heart disease, stroke, hypertension, cancer, and diabetes. It is important for men to take care of their bodies to increase the chances of long and healthy lives. Regular physical activity, such as walking, sports, or even yard work, can decrease disease risks. June is National Men's Health Month. Encourage men to become active, eat healthy, and visit a doctor regularly. Walk the path to a healthier and happier tomorrow.

Physical Activity for Older Adults

Physical activity is a great way for older adults to prevent the health decline that many face with increasing age. Being active on a regular basis can improve the ability to do everyday things - like pushing a shopping cart, carrying a laundry basket, or playing with grandchildren. Regular activity also decreases risk of developing chronic health conditions, such as diabetes or heart disease.

Do you have a food/activity journal?

Keeping track of what is eaten and personal physical activity helps chart progress, set goals, identify improvement areas and become more aware of behavior. Really understanding and being aware of behavior is a first step toward change. Research has shown that people who keep track of personal behavior are more likely to change that behavior. A person is less likely to eat an extra piece of cake or to skip daily physical activity if behaviors are logged! So, why not track fruits and veggies eaten or minutes of daily physical activity? This journal may reveal surprises, recording amazing personal change!

Farmers market near you

The best organic food is what's grown closest to you. Shopping at a farmers' market is a great way to meet local farmers and get fresh, flavorful produce. Don't forget to check out the local farmers markets in our area.

To find a Farmer's Market near you check out:

<http://www.mda.state.mn.us/food/minnesotagrown/minnesotafarmersmarkets.aspx>