JUNE

Men's Health Month
Take charge of your health

Monthly well-being tip*

Research shows that 150 minutes of physical activity a week supports mental health by reducing stress, anxiety and depression. It can help lower your risk for heart disease. Fitting physical activity into your schedule doesn't have to feel overwhelming. Break it into short manageable bouts, such as a 10-minute brisk walk before work, a 10-minute yoga routine during a lunch and another walk with your spouse or playing with your kids after work.



Well-being fun fact

Playing isn't just for kids — it's actually really good medicine. Research shows that fun, playful activities (like playing with your partner, your dog, your kids, or activities like frisbee and pickleball) can lower your stress, boost mood and support overall well-being. So what are you waiting for? Go out and play!

What you should know*

Men are less likely than women to get routine checkups and preventive screenings, yet they face higher rates of heart disease, stroke, diabetes and many cancers. Regular checkups help monitor blood pressure, cholesterol, weight, mental health and other key markers that can signal health issues long before symptoms appear. Preventive screenings are personalized — your doctor will recommend what you need based on your age, family history, lifestyle and risk factors.

There are things you can do to lower your risks. Keep your annual physical visit every year and stay up to date with recommended screenings. Make sure to move more and eat balanced meals and limit alcohol. Avoid tobacco and vaping. Try to manage your stress and get enough sleep.

WELLNESS OBSERVANCES/DAYS*

- Alzheimer's and Brain Awareness Month
- PTSD Awareness Month
- National Cancer Survivors Day®, June 7*
- World Sickle Cell Day, June 19

IN-SEASON PRODUCE*

- Artichokes - good source of folate
- Avocados - excellent source of Vitamin E
- Peas - good source of protein and fiber
- Radishes - good source of Vitamin C

*FOR MONTHLY WELL-BEING TIP SOURCE: CDC. Benefits of Physical Activity. December 4, 2025. Accessed February 23, 2026.
*FOR WELLNESS OBSERVANCES SOURCE: SOPHE (Society for Public Health Education). National Health Observances. Accessed February 23, 2026
*FOR CANCER SURVIVORS SOURCE: National Cancer Survivors Day. Save the Date. Accessed February 23, 2026
*FOR IN-SEASON PRODUCE SOURCE: Center for Science in the Public Interest. What's in Season: June produce guide. May 31, 2024. Accessed February 23, 2026.
*FOR WELL-BEING FUN FACT SOURCE: National Institute for Play. The Importance of Play for Adults. Accessed February 23, 2026.
*FOR WHAT YOU SHOULD KNOW SOURCE: American Heart Association. Misguided masculinity keeps many men from visiting the doctor. June 15, 2021. Accessed February 23, 2026.

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Heart-healthy spinach artichoke dip*

Ingredients

- 1 cup frozen spinach, thawed and chopped
- 1 cup water
- 1 1/2 cup frozen artichoke hearts, thawed and chopped
- 6 ounces reduced-fat cream cheese
- 1/2 cup non-fat Greek yogurt
- 1/3 cup grated Parmesan cheese
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt

Instructions

1. In a medium sauce pan, heat spinach, artichokes and 1 cup of water until tender
2. Drain liquid from spinach and artichokes, removing excess moisture with paper towels
3. Microwave cream cheese for one minute in a small, microwave-safe bowl
4. In a large bowl, mix all ingredients together. Serve warm with choice of raw vegetables (e.g., carrots, broccoli, radishes, etc.)



Did you know?*

Artichokes are a super food!

Artichokes are one of the most antioxidant-rich vegetables you can add to your plate, and they're naturally loaded with fiber that supports digestion and gut health. They also contain beneficial plant compounds, like cynarin, that can help support healthy liver function. Despite their tough exterior, each leaf and the tender heart are packed with nutrients that make artichokes both delicious and nourishing. So while they may look intimidating, they're one of the most rewarding veggies to prepare and enjoy.

*FOR ARTICHOKE RECIPE SOURCE: Cleveland Clinic. Recipe: Heart-Healthy Spinach Artichoke Dip. March 5, 2021. Accessed February 23, 2026.
*FOR DID YOU KNOW: Nutrients. A Overview of the Versatility of the Parts of the Globe Artichoke (Cynara scolymus L.), Its By-Products and Dietary Supplements. February 22, 2024. Accessed February 23, 2026.

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