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National Men's Health Week (June 12th-18th)

Set an Example with Healthy Habits

You can support the men in your life by having healthy habits and by making healthy choices.

- Include a variety of fruits and vegetables in your diet daily. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Regular physical activity has many benefits. It can help weight control, reduce risk of heart disease and some cancers, and can improve your mental health and mood. Find fun ways to be active together. Adults need 2 ½ hours of physical activity each week.
- Quit smoking! Quitting smoking has immediate and long-term benefits. You lower your risk for different types of cancer, and don't expose others to secondhand smoke-which causes health problems.
- Reduce stress, physical or emotional tensions are often signs of stress. Learn ways to manage stress including finding support, eating healthy, exercising regularly, and avoiding drugs and alcohol.

Remind Men to Get Regular Checkups

Encourage men (and women) to see a doctor or health professional for regular checkups and to learn about their family health history.

Know the Signs and Symptoms of a Heart Attack

Every 43 seconds someone in the U.S. has a heart attack. If you think you are having a heart attack call 911 immediately. Major signs of a heart attack include:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath

Encourage Men to Seek Help for Depression

Depression is one of the leading causes of disease or injury worldwide for both men and women. Learn to recognize the signs and how to help the men in your life.

- Signs of depression include; persistent sadness, grumpiness, feelings of hopelessness, tiredness and decreased energy, and thoughts of suicide.
- Call 911, visit a nearby emergency department or your health care provider's office.

CDC Features. (2016, September 02). Retrieved from <https://www.cdc.gov/features/healthymen/index.html>



Kristi



Damian



Toni



Michael

Recipe of the Month

Directions

1. Preheat oven to 375-degrees. Coat a large rimmed baking sheet with cooking spray.
2. Place salmon on a side of the prepared baking sheet and asparagus on the other. Sprinkle the salmon and asparagus with salt and pepper.
3. Heat butter (or substitute), oil, garlic, lemon zest and lemon juice in a small skillet over medium heat until the butter (or substitute) is melted. Drizzle the butter mixture over the salmon and asparagus. Bake until the salmon is cooked through and the asparagus is just tender, 12 to 15 minutes.



Ingredients

- 1lb center-cut salmon fillet, preferably wild, cut into 4 portions
- 1lb fresh asparagus, trimmed
- ½ tsp salt
- ½ tsp ground pepper
- 3 tbsp. butter or (substitute of your choice)
- 1 tbsp. Extra-virgin olive oil
- ½ tbsp. grated garlic
- 1 tsp grated lemon zest
- 1 tbsp. lemon juice

Prep: 10min

Ready in: 25min

Happy Health Father's Day

Does your dad have enough ties already? Or, too many trinkets that proclaim him "World's Greatest Dad"? This Father's Day, take time to give Dad the gift of health — to keep him going strong as the world's greatest. Here's how.

1. **For his fitness.** Encourage dad to get moving! Plan a fun physical activity for the day, such as golfing, tennis, or even a walk-and-talk. Keep his motivation going strong with a new pedometer or fitness tracker, a new piece of athletic equipment, or a few sessions with a personal trainer. Weight management through exercise can help prevent diseases, such as diabetes and sleep apnea.
2. **For his mind.** Relaxation is important for his physical and mental health. Nudge him to take it easy with a massage or massage chair, or a simple hammock to hang out in the backyard. Sleep masks or slippers can also help! Additionally, help dad keep his mind sharp, like a game, puzzle, or model to build: Recent studies show that adults with hobbies who regularly exercise their brains are 2.5 times less likely to develop Alzheimer's disease.
3. **For his future.** Being heart disease-free and cancer-free may be one of the greatest gifts. Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and tests for high blood cholesterol are examples of screenings for heart disease and stroke. At age 50, screening tests for prostate cancer and colon cancer are important and skin cancer screenings should begin at age 20 and continue throughout life.

Celebrate dad, gift dad, and protect dad. Time spent with him is the most precious gift of all — enhance that by helping him stay healthy.