

PURSUIT

June 2018

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

June Is Men's Health Month

Take charge of your health and be a role model by making your health a priority.

Here are simple tips to be your best self.



GET A YEARLY CHECKUP:

Having a yearly wellness checkup can help you keep track of important numbers like blood pressure, blood glucose and cholesterol. That way, if any of your numbers are above normal, you can work with your doctor to make healthy lifestyle changes to help lower your risk of developing a chronic illness. Your doctor will also help you stay on top of testicular, prostate, skin and colorectal cancer screenings.



GET MOVING:

Heart disease is the leading cause of death in men. Combat this by exercising at least 150 minutes a week. Break it up over 7 days, and it's not so daunting—just remember to include aerobic and strength exercises. Exercise helps when you want to lose or maintain your weight. To lower your risk of diabetes, heart disease and stroke, keep your waistline at 40 inches or less.



GET HEALTHY EATING HABITS:

Eat with awareness and limit food and drinks that are high in calories, fat, sugar, salt, and alcohol. Everything in moderation!



GET "DE-STRESSED":

Stress can have a negative effect on your health. It's important to find support, stay active and stay connected socially. Talk with a health professional if you are feeling particularly overwhelmed.



GET ENOUGH SLEEP:

Your body rests and repairs itself while you sleep. If you don't give it enough time to do this, it can lead to many health issues and

diseases such as diabetes, cardiovascular diseases, obesity and depression. The CDC recommends at least 7 hours a night for adults.



GET RID OF BAD HABITS:

Smoking, excessive alcohol use, and recreational or habitual drug use can lead to chronic obstructive pulmonary disease (COPD), emphysema, heart disease, increased risk for many types of cancers and even strokes. Find support and break these bad habits before it's too late.

Resources: CDC.gov;
Diabetes.org; Smokefree.gov

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Recipe of the Month



Do You Know What Drowning Looks Like?

Yelling for help.
Splashing violently.
Gasping loudly.
These are all signs of drowning we've seen played out in movies and on TV. But we all know that real life isn't always how it appears on the big screen. And in reality, drowning looks very different from this.

When someone thinks they might be in danger, they might call out for help. But if they

actually begin to drown, their body begins to find any way possible to get air—which makes them silent, struggling to keep nose and mouth above water. This is called the *instinctive drowning response* according to lifeguard and water rescue expert Francesco Pia, PhD, and when this happens, it can seem like the drowning person is actually playing around in the water. The whole scene can play out in less than 60 seconds.



Watch this [video on drowning \(https://bit.ly/2LHEOfi\)](https://bit.ly/2LHEOfi), and then

read over these signs to look for as you keep watch over your loved ones this summer at the pool and beach. If you see any of these signs, act fast—once the drowning person is submerged, it may be too late.

- **Silence:** There's no spare breath to call for help.
- **Bobbing up and down:** The drowning person's mouth sinks below the water's surface, pops up just enough to breathe and sinks back down.
- **Stiff arms:** Instead of waving for help, arms are out to the side, hands pressed down on the water to stay afloat. At this point, a drowning person wouldn't be able to reach out to grab a life preserver.
- **Stillness:** It is almost as if the drowning person is standing in the water. There is no kicking, and their body is straight up and down.

While you're out in the summer sun, splashing and having fun, don't take your eyes off your children—even for a few seconds. Have one family member or friend appointed to keep watch at all times.

Resource: Webmd.com

English Muffin Breakfast Pizza

Ingredients:

- 1 whole-wheat English muffin, split
- 1 small tomato, seeded and diced
- 1 teaspoon extra-virgin olive oil
- 1 thin slice (1/2 ounce) Canadian bacon, diced
- 1/4 cup shredded part-skim mozzarella cheese
- Chopped fresh basil, for garnish

Directions:

Preheat the oven to 450 degrees. Line a small baking sheet with foil. Place the English muffin halves cut-side up on the baking sheet. Top each with tomato and drizzle with the olive oil. Sprinkle the Canadian bacon over the tomatoes, then top with the mozzarella. Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown. Sprinkle with basil.



Recipe courtesy of FoodNetwork.com for nutrition information [click here](#)

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