



Men's Health Week presents



It's Time for Your Tune Up!



The New York Hotel Trades Council
HEALTH CENTER, INC.
The Hotel Association of New York City, Inc.

Men's Health Week

A Funds Health & Wellness Event

Monday September 25th - Friday September 29th
Time 9:00 AM – 5:00 PM

Take Home Guide

Please read this guide and continue to use
www.HappyHealthyMe.org to make appointments for yourself.

**BROOKLYN
HEALTH CENTER**
68-80 Schermerhorn St.
Brooklyn, NY 11201
(718) 858-7200

**HARLEM
HEALTH CENTER**
133 Morningside Ave.
New York, NY 10027
(212) 923-2525

**MIDTOWN
HEALTH CENTER**
773-775 9th Ave
(Off 52nd St.)
New York, NY 10019
(212) 586-1550

**QUEENS
HEALTH CENTER**
37-11 Queens Blvd
Long Island City, NY 11101
(718) 361-5100

**14 PENN PLAZA
Dental Only**
34th & 8th Ave
New York, NY 10019
(212) 563-0095



Physical Activity and Your Heart

Physical activity is part of a healthy lifestyle. It's good for many parts of your body and can lower your risk for many health problems.

Many Americans aren't active enough. The good news, though, is that even modest amounts of physical activity are good for your health, especially your heart health. The more active you are, the more you will benefit.

Types of Physical Activity

The four main types of physical activity are aerobic, muscle-strengthening, bone strengthening, and stretching.

- **Aerobic** activity is the type of physical activity that benefits your heart the most. This type of activity moves your large muscles and makes your heart beat faster than usual. Running, swimming, and dancing are aerobic activities.
- **Muscle-strengthening** activities improve the strength, power, and endurance of your muscles. Doing pushups and situps, lifting weights, and climbing stairs are muscle-strengthening activities.
- With **bone-strengthening** activities, your feet, legs, or arms support your body's weight, and your muscles push against your bones. Running, walking, and jumping rope are bone-strengthening activities.
- **Stretching** helps improve your flexibility and your ability to move your joints. Touching your toes, doing side stretches, and doing yoga are examples of stretching.



Tune Up Your Activity

You can do physical activity with light, moderate, or vigorous intensity. The level of intensity depends on how hard you have to work to do the activity.

To do the same activity, people who are less fit usually have to work harder than people who are more fit. So, what is light-intensity activity for one person may be moderate-intensity for another.

Physical Activity Recommendations

Doing some physical activity is better than doing none. People gain some health benefits from as little as 60 minutes of moderate-intensity aerobic activity per week.

For major health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity each week. Another option is to do a combination of both.

You don't have to do the activity all at once. You can break it up into shorter periods of at least 10 minutes each.

If you have a heart problem or chronic disease, talk to your doctor about what types of physical activity are safe for you. You also should talk to your doctor about safe physical activities if you have symptoms such as chest pain or dizziness.

Benefits of Physical Activity

One of the major benefits of physical activity, particularly aerobic, is that it reduces coronary heart disease risk factors. (Risk factors are conditions or habits that make it more likely that you will develop a disease.) Some risk factors, such as age and family history, can't be controlled. But lack of physical activity is a major risk factor that you can control.

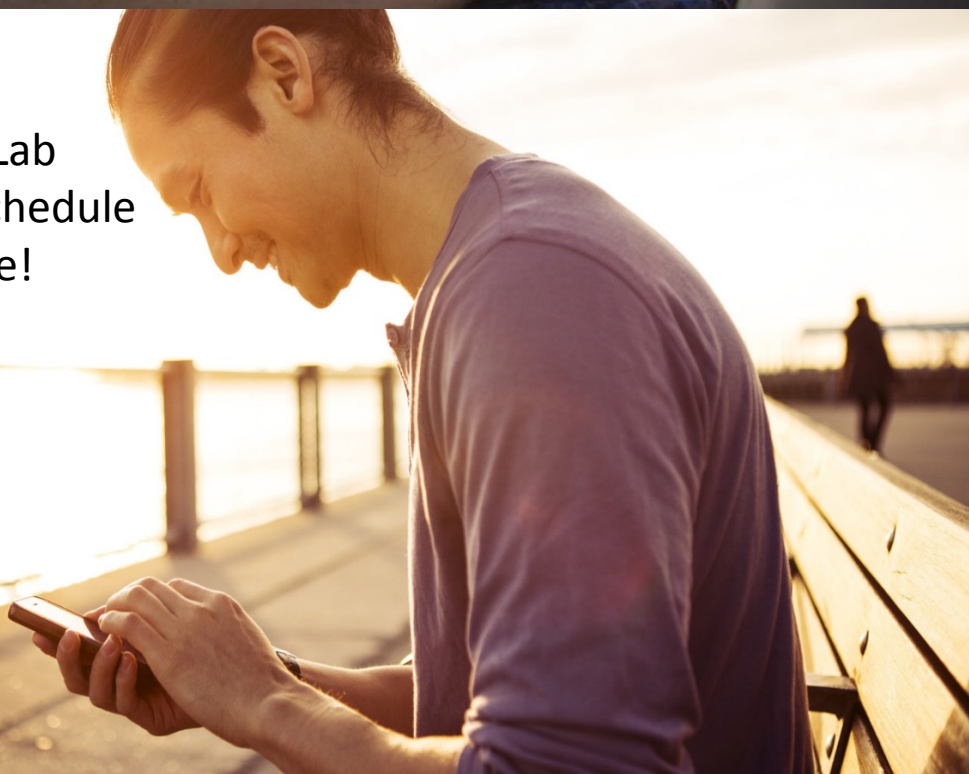


**SELF-REGISTRATION
NOW OPEN**

**English &
Español**



Check Non-Sensitive Lab
Results, Make or Reschedule
Appointments & More!



Follow the instructions on

WWW.HappyHealthyMe.ORG/start

- 1** Confirm your **IDENTITY**
- 2** Patient **MATCH**: Your ID must exactly match our records!
- 3** COMPLETE the **I NEED AN ACCOUNT** section

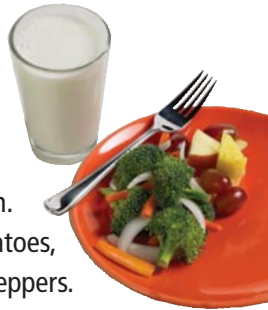
easy ways to eat more fruits and vegetables as part of a healthy diet



why do fruits & vegetables matter to men?

Eat fruits and vegetables of different colors — red, dark green, yellow, blue, purple, white, and orange — to get the broadest range of nutrients.

- Add fruit to your cereal, low-fat or fat-free yogurt or oatmeal.
- Snack on fruit during the day. Grab an apple, banana, or some grapes on your way out the door.
- Make fruits and vegetables about half your plate.
- Eat a colorful salad at lunch. Try mixed greens with tomatoes, carrots, broccoli, and bell peppers.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Enjoy your favorite beans and peas. Add them to salads and low-fat dips.
- Have fruit for dessert.



**BECAUSE YOUR FAMILY
AND FRIENDS ARE
COUNTING ON YOU!**

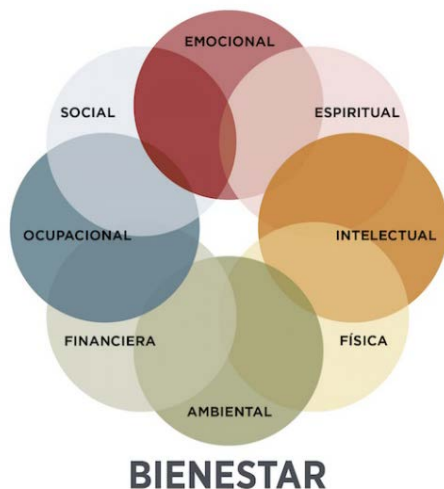
The Eight Dimensions of Wellness

What Are the Eight Dimensions of Wellness?



The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life & creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one's work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding your sense of purpose and meaning in life



**Let us help you work on
your wellness!**

Tune Up Your Plate



Sodium: the facts

Americans consume too much sodium. High sodium consumption raises blood pressure, and high blood pressure is a major risk factor for heart disease and stroke.¹ Heart disease and stroke are the nation's first and fourth leading causes of death.²

Salt and high blood pressure

- Research shows a strong dose-dependent relationship between consuming too much salt and raised levels of blood pressure—as sodium intake increases, so does blood pressure for most people.¹
- When salt intake is reduced, blood pressure begins decreasing within weeks on average.³
- Populations who consume diets low in salt do not experience the increase in blood pressure with age that is seen in most Western countries.^{1,4}

Is it salt or is it sodium?

- Sodium chloride is the chemical name for salt.¹
- The words salt and sodium are not exactly the same, yet these words are often used in place of each other. For example, the Nutrition Facts label uses “sodium,” whereas the front of the package may say “low salt.”⁵
- Ninety percent of the sodium we consume is in the form of salt.¹

Sodium consumption and sodium in our food supply

- We all need a small amount of sodium to keep our bodies working properly.¹
- The *2010 Dietary Guidelines for Americans* recommend limiting sodium to less than 2,300 milligrams (mg) per day. Individuals who are 51 years and older and those of any age, including children, who are African American or have high blood pressure, diabetes, or chronic kidney disease should limit intake to 1,500 mg of sodium per day. These specific populations account for about half of the U.S. population and the majority of adults.⁶

• The average daily sodium intake for Americans age 2 years and older is more than 3,400 mg.⁷

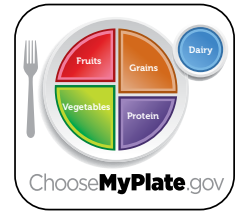
- Most of the sodium we eat comes from processed foods and foods prepared in restaurants. When sodium is added to processed foods, it cannot be removed. **More than 40% of sodium intake comes from the following 10 types of foods⁸:**
 1. Breads and rolls
 2. Cold cuts and cured meats such as deli or packaged ham or turkey
 3. Pizza
 4. Fresh and processed poultry
 5. Soups
 6. Sandwiches such as cheeseburgers
 7. Cheese
 8. Pasta dishes (not including macaroni and cheese)
 9. Meat-mixed dishes such as meat loaf with tomato sauce
 10. Snacks such as chips, pretzels, and popcorn
- Decreasing personal sodium intake can be hard, even for motivated persons.
- Sodium content can vary significantly within food categories. For example, sodium in chicken noodle soup can vary by as much as 840 mg per serving.⁸
- Consumers typically underestimate the sodium content of restaurant foods.⁹ With forthcoming implementation of national menu labeling, information on sodium and other key nutrients will be made available upon request.¹⁰

10 tips

Nutrition Education Series



get the facts to feel and look better

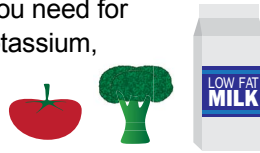


10 tips for men's health

Take charge of your eating habits by choosing the types and amounts of foods you need. Make your food choices a priority and be physically active so you can be the healthy man you want to be.

1 magic foods do not exist

There's no magic food or way to eat. There are some foods men need to eat such as vegetables; fruits; whole grains; protein foods like beans, eggs, or lean meats; and dairy like 1% milk. You'll get nutrients you need for good health—including magnesium, potassium, calcium, vitamin D, fiber, and protein.



2 if it's there, you'll eat it

Keep healthy foods in your kitchen that need little preparation. Keep your fridge filled with carrots, apples, oranges, low-fat yogurt, and eggs. Stock up on fresh, canned, or frozen vegetables and fruits, lean meats, canned beans, and tuna or salmon. Find healthier heat-and-eat options to replace heating up a frozen pizza.

3 whole grains help you feel full

Make sure half your grains are whole grains. Whole grains can help give a feeling of fullness and key nutrients. Choose whole-wheat breads, pasta, and crackers; brown rice; and oatmeal instead of white bread, rice, or other refined-grain products.



4 build habits that don't add pounds

Cut calories by skipping foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Cakes, cookies, candies, and ice cream should be just occasional treats. Use smaller plates to adjust the amount of food you eat.

5 water is your friend

Water is a better choice than many routine drink choices. Beverages can add about 400 calories a day to men's diets. So limit high-calorie beverages, including those with alcohol. Skip soda, fruit drinks, energy drinks, sports drinks, and other sugary drinks.



6 find out what men need to eat

Men's energy needs differ from women's needs. Find exactly *how much* and *what* foods you need, based on your height, weight, age, and physical activity level at www.SuperTracker.usda.gov.

7 get beyond survival cooking

Start cooking more often. Try steaming vegetables, roasting a chicken, and making a tasty veggie sauce for spaghetti from scratch. Eating your own home-cooked meals allows you to control what and how much you eat.



8 wise-up about what's in food

Use both Nutrition Facts and ingredient labels to discover what nutrients foods and beverages contain. Cut back on foods that have sugar or fat as the first ingredient. Use SuperTracker's **Food-A-Pedia** to compare more than 8,000 foods.

9 sweat is not bad

Be active whenever you can. Have friends or family join you when you go for a long walk, bike, or jog. Vary activities to stay motivated. Set a goal of 2½ hours or more of moderate physical activity a week. Include strengthening your arms, legs, and core muscles at least 2 days a week. Being active just 10 minutes at a time makes a difference.



10 fill your plate like MyPlate

Learn more at www.ChooseMyPlate.gov. MyPlate is based on the Dietary Guidelines for Americans (www.DietaryGuidelines.gov).

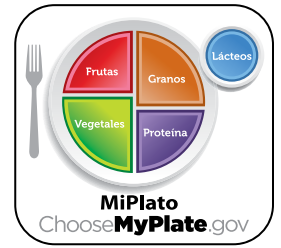
10 consejos

Serie de Educación en Nutrición



decídase y actúe para mantenerse saludable

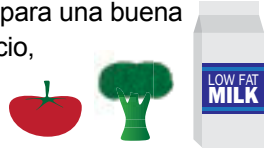
10 consejos para los hombres



Tome la responsabilidad de sus hábitos alimenticios seleccionando los tipos y las cantidades de comidas que necesita. Que el seleccionar sus alimentos y mantenerse físicamente activo sea su prioridad para ser la persona saludable que quiere ser.

1 no existen alimentos mágicos

No hay alimentos o maneras de comer mágicos. Consuma alimentos de los 5 grupos como se muestra en MiPlato. Así obtendrá nutrientes para una buena salud como: magnesio, potasio, calcio, vitamina D, fibra y proteína.



2 usted lo comerá si está al alcance

Mantenga en la cocina alimentos saludables que necesitan poca preparación. Llene la refrigeradora de zanahorias, manzanas, naranjas, yogur bajo en grasa y huevos. Encuentre comidas instantáneas saludables para reemplazar las pizzas congeladas.

3 los productos de grano integral ayudan a sentirse satisfecho

Los productos integrales proveen nutrientes y sensación de satisfacción. Seleccione alimentos de harina de trigo integral, como panes, pasta y galletas integrales; arroz integral y avena en vez de pan, arroz u otros productos de harina refinada.



4 desarrolle hábitos que no aumenten libras

Disminuya las calorías evitando alimentos ricos en grasas y azúcares. Evite carnes grasosas como costillas, tocino y "hot dogs." Las tortas, galletas y helados deberían ser bocadillos ocasionales. Use platos pequeños para ajustar la cantidad de alimentos que come.

5 el agua debe ser su amigo

Prefiera agua. Las bebidas pueden añadir hasta 400 calorías por día en la dieta de los hombres. Limite el consumo de bebidas alcohólicas, sodas, bebidas con sabor a frutas, energéticas, deportivas y otras azucaradas.



6 busque lo que los hombres necesitan comer

Las necesidades energéticas de los hombres son diferentes que el de las mujeres. Encuentre cuánto y qué alimentos necesita en base a su talla, peso, edad y el nivel de actividad física en www.SuperTracker.usda.gov.

7 pase la cocina de sobrevivencia

Empiece a cocinar con más frecuencia. Pruebe vegetales cocinados al vapor, pollo horneado y prepare una salsa deliciosa de vegetales para su espagueti. Cocinar y comer en casa le permitirá controlar qué y cuánto come.



8 aprenda sobre qué es lo que esta en los alimentos

Use la información nutricional de las etiquetas de productos para saber los nutrientes que contienen. Reduzca alimentos que tienen azúcares o grasas como primer ingrediente. Use el "Food-A-Pedia" de SuperTracker para comparar más de 8,000 alimentos.

9 sudar no es malo

Manténgase activo cada vez que pueda. Unase con la familia o amigos para ir a caminar, montar bicicleta o para correr. Defina su meta de 2½ horas o más de actividad física moderada por semana. Incluya estiramiento de brazos, piernas y músculos del cuerpo por lo menos 2 veces por semana. Mantenerse activo, incluso 10 minutos a la vez hará la diferencia.



10 sirva su plato como MiPlato

Aprenda más en www.ChooseMyPlate.gov. MiPlato está basado en la Guía Alimentaria para Estado Unidenses (www.DietaryGuidelines.gov).



Men's Health: With a Little Help From Friends

Want to live longer? Keep exercising and eating your vegetables, but make lunch plans with an old friend, too.

Numerous studies have shown that people with strong social networks live longer and recover more quickly from illness than those without these ties.

Men – who tend to have fewer close friends than women – stand to gain the most from developing relationships. Some researchers suggest that loneliness is a risk factor for heart disease, just like high blood pressure or elevated cholesterol. People without many friends are also more prone to depression.

Social isolation – a risk factor for men

Researchers at Harvard School of Public Health studied more than 28,000 men to see if social ties had an impact on their health. Half enjoyed a large social network of family, friends, and community connections; the other half did not. After 10 years:

- **Deaths in the group with few social ties were 20 percent higher than in the highly social group.**
- **The more isolated men were 53 percent more likely to die from a heart-related disease than the others.**

- **Of those who developed heart disease, the less social men had an 82 percent higher risk of death than the other group.**
- **Men with the fewest social contacts had more than double the risk of dying from accidents and suicides than men in the other group.**
- **Married men had a lower risk of death from any cause and half the risk of death from accidents and suicides than the unmarried men.**

In addition, an American Heart Association study looked at 3,267 men (average age 62). The study reported that those with few social ties had much higher levels of a blood marker for inflammation – known to be associated with heart disease – than did men with bigger social circles. Known risk factors for heart disease were taken into account.

All the same, choose your friends wisely. Other studies show your risk of heart disease can go up if your relationships are stressful.



Know Your Prostate Cancer Risks

Certain factors can raise your risk of getting prostate cancer. Some can't be avoided, but lifestyle changes can lower your risk in other cases.

Prostate cancer is the most frequently diagnosed cancer in men. Death rates from this cancer have leveled off since 1995, but some risk factors can still raise your chances of getting the disease.

Certain risks, such as heredity, can't be avoided. But you can cut your risk in other cases by making lifestyle changes.

These are risk factors for prostate cancer that you cannot change.

Age. Age is the strongest risk factor for prostate cancer. The disease is rare before age 40. But the chance of getting it rises rapidly after age 50. More than 70 percent of men diagnosed are older than 65.

Family history. If your father or brother has had prostate cancer, your chance of getting it more than doubles. The risk goes up even more if you've had several affected relatives, especially if any were diagnosed under age 60.

Race/ethnicity. African American men and Jamaican men of African descent have the highest prostate cancer incidence rates in the world. African American men are more than twice as likely to die from prostate cancer as white men. This may be due to finding the cancer when the disease is more advanced.

The disease occurs less often in Asian American and Hispanic/Latino men than in white men.

Nationality. Prostate cancer is most common in:

- North America
- Northwestern Europe, Australia
- Caribbean Islands

It is less common in:

- Asia, Africa
- Central America and South America

Know Your Prostate Cancer Risks (*continued*)

The reasons for these differences are not clear, though more screening in developed countries may help identify more cases. Lifestyle or diet differences may play a role, too. For instance, men of Asian descent living in the U.S. have a lower risk for the disease than white Americans, but their risk is higher than men of similar ethnic backgrounds living in Asia.

These are risk factors that you can control.

Diet. Men who eat lots of red meat or high-fat dairy products seem to have slightly higher chances of getting prostate cancer. But these men also tend to eat fewer fruits and vegetables. It is not known which of these factors raises the risk for prostate cancer.

Obesity. Being obese is not linked with a higher risk of getting prostate cancer. But some studies on obese men who get the disease have found other connections.

For instance, obese men with prostate cancer may have a higher risk of having a more aggressive form of the disease. They may also be at greater risk of dying from their prostate cancer. More research is needed to find out the complex connection between prostate cancer and obesity. Much more is known about how obesity can lead to other conditions, such as diabetes and heart disease. Getting to and maintaining an ideal weight will contribute to your overall health even if there proves to be no direct connection with prostate cancer.

Exercise. Most studies have shown that exercise does not cut prostate cancer risk. But some find that high levels of physical activity, especially in older men, may lower the risk of an advanced form. Again, more research is needed before guidelines can be made about exercise and prostate cancer. Exercise, though, is known to lower the risk for other chronic diseases, such as high blood pressure and diabetes. Ask your doctor how much exercise is right for you.

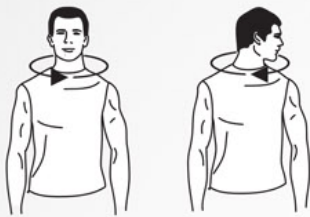


TUNE IT UP! ASK YOUR DOCTOR WHICH EXERCISES AND STRETCHING ACTIVITIES ARE RECOMMENDED FOR YOU

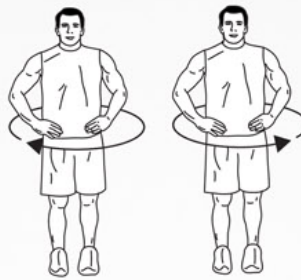
warmup

DAREBEE WORKOUT @ darebee.com

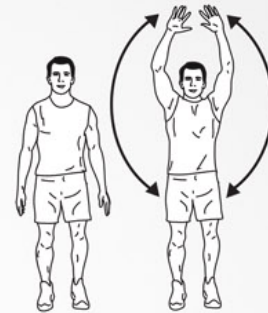
10 reps each



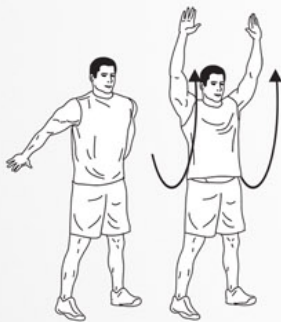
neck rotations



hip rotations



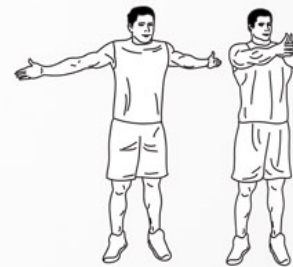
side arm raises



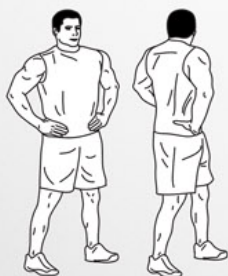
arm rotations



arm rotations



dynamic chest



mid back turns



single leg hip rotations



hops on the spot