

# PURSUIT

June 2017

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## Men's Health: Staying Vital at Every Age

The people in your life depend on you, so it's important to focus on staying healthy so you can live a long and fulfilling life. The good news is that maintaining a healthy lifestyle is a great way to prevent many of the conditions and diseases that affect men. Here are a few tips to help you find the right balance of diet and exercise to live a healthier life.

- Eat nourishing foods like fruits, vegetables, lean protein, healthy fats and whole grains.
  - Drink plenty of water throughout the day.
  - Make sure you get 7 ½ to 8 hours of sleep.
  - Quit smoking cigarettes and tobacco.
  - Exercise daily. Taking a brisk walk for at least 30 minutes is a great start.
- Keep the following guidelines in mind when drinking alcohol:
    - Beer- 12 ounces
    - Wine- 5 ounces
    - Spirits- 1.5 ounces
  - Practice stress management skills like yoga, tai chi, meditation, and deep breathing.



In addition to these steps to improve your health, it's also important to work with your doctor to schedule checkups and preventive screenings.



When you visit your doctor for an annual exam, take that time to discuss any questions or concerns that you may have about your health. You should also find out when you need to schedule any necessary screenings and make sure you are taking your medications as prescribed. Take the time to focus on your health so you can be your best you.

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# Success Story: Taking the Steps to Become Physically Active

"I always attend the annual wellness event at work. Last year, I was surprised to find out that my total cholesterol was high. True, I hate exercise, I love bacon, and I turned 50 this year— but still, having high cholesterol was quite a shock. I decided I would start taking my health into my own hands. I changed my diet, but I knew I would have to start exercising. One day I noticed the signs in the stairways that read,

**Step it up: PHYSICAL ACTIVITY ADDS YEARS TO YOUR LIFE**

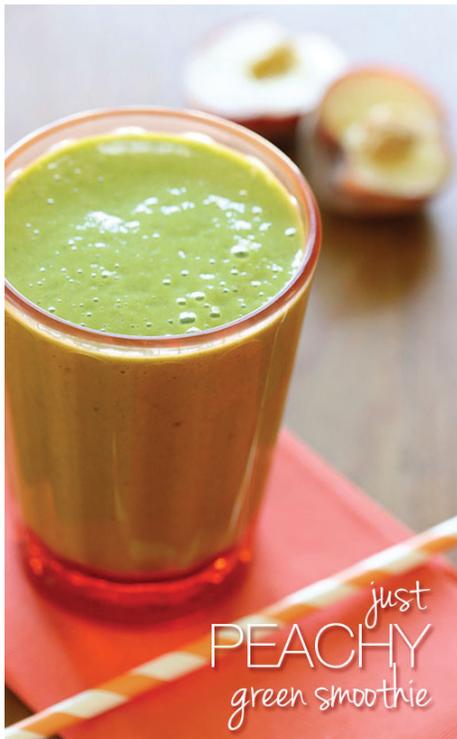
**Exercise reduces stress: MAKE IT A GREAT DAY**

Those signs motivated me to take the stairs each day to increase my physical activity. I started climbing, and discovered that there is a 12th floor in the North Tower. To continue to motivate myself, I invited my co-workers to join me. Strangely enough, they walked with me, all the way to the 12th floor! Pictures were taken, and now being "on the wall" is a known thing



around here. I'm proud of all my colleagues who are trying to take steps to be healthier. You are an inspiring group of people!"

*Submitted by Grace Kang, UF Health and Shands*



## Just Peachy Green Smoothie

At this time of year stone fruits are in season, especially sweet juicy peaches. Blend and enjoy for a protein packed liquid breakfast.

### Ingredients:

- 1 frozen banana
- 1 packed cup baby spinach
- 2 large or 4 small fresh ripe sweet peaches, pitted (2/3 cup)
- 2 tbsp raw hemp seeds, shelled
- 1 3/4 cups unsweetened almond milk

- 1 cup ice
- Sweetener of your choice, to taste

### Directions:

Combine all the ingredients in the blender and blend until smooth. Adjust/add sweetener to your taste.

### Nutrition:

Servings: 2. Size: 16-oz smoothie. Calories: 205; Fat: 8 g; Carb: 31 g; Fiber: 6 g; Protein: 7 g; Sugar: 20 g; Sodium: 170 mg; Cholesterol: 0 mg.

Recipe and image courtesy of [www.skinnytaste.com](http://www.skinnytaste.com)

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