



Work Hard, Play Harder

Did You Know?

Spending time outside is a great way to be physically active, reduce stress, and get Vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.

Protection from UV rays is important all year, not just during the summer, and they tend to be strongest from 10 a.m. to 4 p.m. You can do several things to reduce your risk of sun damage and skin cancer such as staying in the shade; wearing clothing that can provide protection; wearing a hat and sunglasses; and using a broad-spectrum sunscreen with an SPF of 15 or higher. Be sure to reapply sunscreen after two hours and after swimming or sweating.

June is Men's Health Month

Source: www.menshealthmonth.org

Important Screenings for Men

1. Blood Pressure – Adults should start getting screened at age 18
2. Colon Cancer – Starting at age 50. You may need to get screened earlier if you have other risk factors.
3. Cholesterol – Talk with your doctor about when and how often to get your cholesterol checked.
4. Prostate Cancer – Start talking with your doctor at age 50, or earlier if you have risk factors.
5. Depression – Ask for a screening if you feel sad, hopeless, or lose interest in activities you used to enjoy.
6. Diabetes – Get blood glucose checked as part of your cardiovascular assessment when you are age 40 or older or are overweight.
7. Overweight and Obesity – Keep track of your body mass index (BMI) from your doctor or online resources.
8. Abdominal Aortic Aneurysm – Starting between age 65-75, if you have ever been a smoker.
9. Any other screenings you're concerned about such as glaucoma, hepatitis C, mental health, STDs, or skin cancer.

Source: www.mycigna.com

Each year in June we recognize Men's Health Month to raise awareness of the diseases and illnesses that affect America's men. By better understanding the unique risk factors that men face, we can promote healthier lifestyles and implement more effective prevention and treatment options for all men.

Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue. Statistics show that women are 100% more likely than men to visit the doctor for annual exams and preventable services, thus increasing the chances of complications with any illness that could be avoided with early detection and treatment.

During Men's Health Month, men are encouraged to incorporate

better health practices into their daily routines.

Eat Healthy. Start by taking small steps like saying "no" to super-sizing and "yes" to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals necessary, and add at least one fruit and vegetable to every meal.

Get Moving. Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority. Many health conditions can be detected early with regular checkups from your healthcare provider.

Questions?

Visit Cigna's website at www.mycigna.com for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.



North American National Parks Scavenger Hunt Ends June 3rd!

Our final wellness challenge of the school year will be a scavenger hunt will end on June 3, 2022. During the North American National Parks Scavenger Hunt challenge, participants worked their way along a virtual route stopping by national parks from Acadia National Park and ending at the Smithsonian. Prizes for this challenge will be distributed at the beginning of next school year. Thanks to the more than 200 people who participated!

2022 Employee Health and Vendor Fair – SAVE THE DATE!

Due to a scheduling conflict that cannot be avoided, the Employee Health Fair, originally scheduled for September 30, 2022, has been moved to Friday, October 28, 2022, from 3-5 p.m. This year's health fair will be held at **Mountain Ridge High School (Please note the location change)**. Stay tuned for more information next school year on participating vendors, services and resources that will be available, and RAFFLES AND DOOR PRIZES!

Please note, October 28th is a three-hour early dismissal, with the afternoon scheduled for teacher work time. Schools will still be closed on Friday, September 30, 2022, for Principal Staff Development, and the afternoon will be used for teacher work time.

Summer Hiatus for Newsletter and Brain Games

The employee wellness newsletter, Chain Reaction, and America Says will be on hiatus for the summer and will resume monthly/weekly in September. Thank you to all who participate in these fun wellness games! Enjoy your summer break!

Chicken with Peach Avocado Salsa

This super fresh dinner is pure summer – juicy peaches, creamy avocado, grilled chicken, and a kick of hot sauce and lime! To get it on the table even quicker, make the salsa ahead of time.

Source: www.tasteofhome.com

**Ingredients:**

- 1 medium peach, peeled and chopped
- 1 medium ripe avocado, peeled and cubed
- ½ cup chopped sweet red pepper
- 3 tbsps. Finely chopped red onion
- 1 tbsp. minced fresh basil
- 1 tbsp. lime juice
- 1 tsp. hot pepper sauce
- ½ tsp. grated lime zest
- ¾ tsp. salt, divided
- ½ tsp. pepper, divided
- 4 boneless skinless chicken breast halves (6 oz. each)

*1 chicken breast half with ½ cup salsa: 265 calories; 9g fat; 94mg cholesterol; 536mg sodium; 9g carbohydrate; 36g protein.

Directions:

1. For salsa, in a small bowl, combine peaches, avocado, red pepper, onion, basil, lime juice, hot sauce, lime zest, ¼ tsp. salt, and ¼ tsp. pepper.
2. Sprinkle chicken with remaining salt and pepper. On a lightly-greased grill rack, grill chicken, covered, over medium heat 5 minutes. Turn.
3. Grill until a thermometer reads 165°, 7-9 minutes longer. Serve with salsa.

Nectarine Smoothie....

Place ¾ cup lemon Greek yogurt, ½ cup orange juice, 2 tablespoons lime juice, 2 tablespoons honey, 2 cups crushed ice, and 2 medium nectarines (or peaches), peeled, cubed and frozen, in a blender. Cover and process until well blended. Enjoy!

*1 cup: 170 calories; 6g fat; 15mg cholesterol; 36mg sodium; 29g carbohydrates; and 3g protein.