



## Men's Health Month

*"Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul."*

3 John 1:2 (RSVP)

Compared to women, men are at greater risk for developing heart disease, stroke, hypertension, cancer, and diabetes. It is important for men to take care of their bodies to increase the chances of long and healthy lives. Regular physical activity, such as walking, sports, or even yard work, can decrease disease risks. June is National Men's Health Month. Encourage men to become active, eat healthy, and visit a doctor regularly. Walk the path to a healthier and happier tomorrow.

For additional Great Plains Health & Wellness Committee and other resources, visit <http://healthfund.org/hcresources.php> or contact your congregation's Health & Wellness liaison.

(Used with permission from Melissa Bopp, Ph.D., Assistant Professor, Department of Kinesiology, Kansas State University, and the Health-e-AME Physical-e-Fit program, 2010.)



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