

June 2018

The Stall Street Journal

Family Fitness Day

Family Health & Fitness Day will be held on June 9, 2018. Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy. Agencies everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by hosting an event, such as a health fair or family fun run. Members of the healthcare community are encouraged to participate, as well, even as sponsors.



Health and Wellness Benefits of Parks

- Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth.
- On average, children who live in greener environments weigh less than children who live in less green areas.
- Between 2000 and 2012, more than 85 studies have been published that link parks to better physical and mental health.

For more information please visit www.nrpa.org

Vary Your Veggies

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

Source: choosemyplate.gov



Motorcycle Safety

When spring is in the air, motorcycles are everywhere. Do you long for the freedom that comes with riding on the open road? Then it's critical to respect your machine and improve your skills throughout your lifetime.



Drivers: Do You Ever Think About Motorcycles?

The vast majority of vehicles on the road are not motorcycles. They're cars and vans and trucks. It's quite possible that as a driver you rarely think about motorcycles.

"When motorcycles and other vehicles collide, it is usually the other (non-motorcycle) driver who violates the motorcyclist's right of way," according to an issue statement from NHTSA. "There is a continuing need to help other motorists 'think' motorcycles and to educate motorcyclists to be aware of this problem."

Source: nsc.org

Men's Health Month

June is the time to celebrate the men in our lives. During June we want to draw attention to the preventable health problems men face and encourage action – behavior changes, early detection and screening, and treatment.



The men in our lives play many roles. They are fathers, brothers, neighbors, coworkers, teammates, coaches, mentors, and the list goes on and on. They often take responsibilities within each of these roles very seriously. However, we need to encourage them to take their own health seriously too. Their health must be a priority.

For more information please visit www.empoweredtoserve.org

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