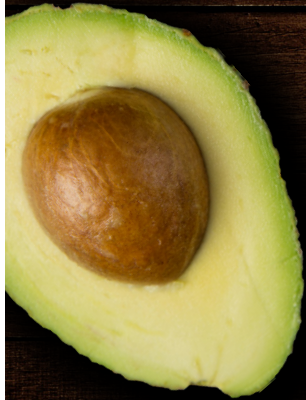


# 5 super foods to support men's health.

2018  
*June*  
Men's Health

Worried about the health risks of an expanding waist? Check out these foods that can help men improve their health and prevent disease.



## Avocados

Sure, this creamy fruit is high in fat, but it's the good kind. The monounsaturated fat in avocados packs a punch against cholesterol.



## Bananas

The banana is celebrated for its bounty of potassium. Potassium is critical for muscle contractions and bone health.



## Pistachios

Nuts provide protein, fiber, and zinc while satisfying the urge for a salty snack. Pistachios are higher in plant sterols that can improve cholesterol levels.

## Berries

Berries can improve your mental and physical health. They're loaded with antioxidants that help lower the risk of cancer.



## Salmon

Fatty fish like salmon is an excellent source of healthy fat known as omega-3 fatty acid. These protect against heart disease, the top killer of men in the U.S.





# 2018 June Men's Health

SUN

MON

TUE

WED

THU

FRI

SAT

Three ways I can focus on my health this month:

- 1.
- 2.
- 3.

1



2

Start this month by focusing on your health goals. Write your three new health goals to the left.

3

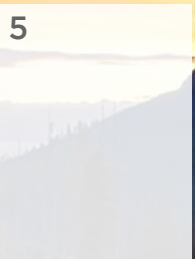
Try healthy alternatives to give your favorite dishes a new twist.

[Start with this healthy recipe.](#)

4



5



6

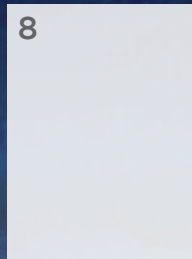
Enjoy the warm weather outside by taking a hike with friends or family.

Learn more [here](#).

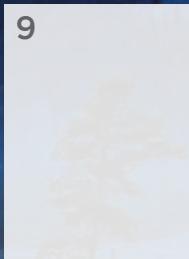
7



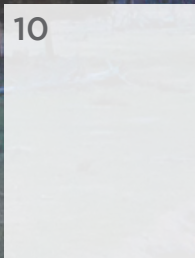
8



9



10



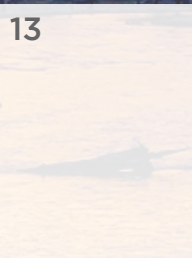
11

Put on bug spray before going outdoors to prevent bug bites.

12



13



14

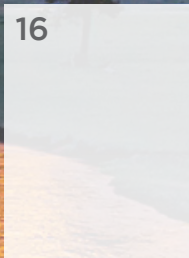
Move your exercise outside this weekend and enjoy nature.

Learn more [here](#).

15



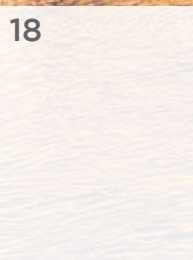
16



17



18



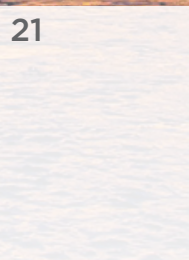
19

When exercising in hot weather, protect your skin by wearing sunscreen.

20



21



22

Enjoy your favorite fruit or veggies while on a picnic this weekend.

Learn more [here](#).

23



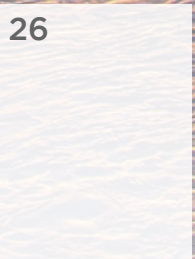
24

Did you meet your health goals this month? Check them above.

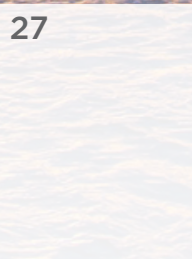
25



26



27



28

Who is in your support group? Take a 10-minute break to talk to someone you care about today.

29



30

