



Be Fit-Be Well

Listen Up Guys: June is Men's Health Month!

While the life-expectancy gap between men and women has decreased, it's no secret that men still need to pay more attention to their bodies. Several things work against men. They tend to smoke and drink more than women. They don't seek medical help as often as women. Some men define themselves by their work, which can add to stress.



There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face, like colon cancer or heart disease can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to have regular checkups and screenings. (If this sounds redundant, it is because men take more convincing.)

Even if you feel fine it is still important to see your health care provider regularly to check for potential problems. Most people who have high blood pressure don't even know it and the only way to find out is to have your blood pressure checked regularly. Likewise, high blood sugar and high cholesterol levels often do not produce any symptoms until the disease becomes advanced.

Did you know that there are specific times and ages when you should see your health care provider. Age-specific guidelines are as follows:

Blood Pressure Screenings



- Have your blood pressure checked every year unless it is 120-139/80-89 Hg or higher. Then have it checked every 6 months. Watch for blood pressure screenings in your area. Ask your health care provider if you can stop in to have it checked or check your blood pressure using the automated machines at local grocery stores and pharmacies.
- If the top number (systolic number) is greater than 135 or the bottom number (diastolic number) is greater than 90 call your doctor.

- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be monitored more closely.

Cholesterol and Heart Screenings

- Men over age 34 should be checked every 5 years.
- If you have risk factors for heart disease, such as diabetes, start getting screened as early as age 20.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be monitored more closely. Ask your doctor.



Go to the dentist every year for an exam and cleaning.

If you have vision problems, have an eye exam every year.

Immunizations

- After age 19, you should have a tetanus, diphtheria, and cellular pertussis (Tdap) vaccine once as part of your boosters every 10 years.
- You should get a flu shot each year.
- You should get the HPV vaccine if you have not already.
- Your doctor may recommend other immunizations if you have certain medical conditions, such as diabetes.

Infectious Disease Screenings

- Depending on your lifestyle and medical history, you may need to be screened for infections such as Syphilis and HIV/HPV.

Preventive Health

These should be least every 2 years and include

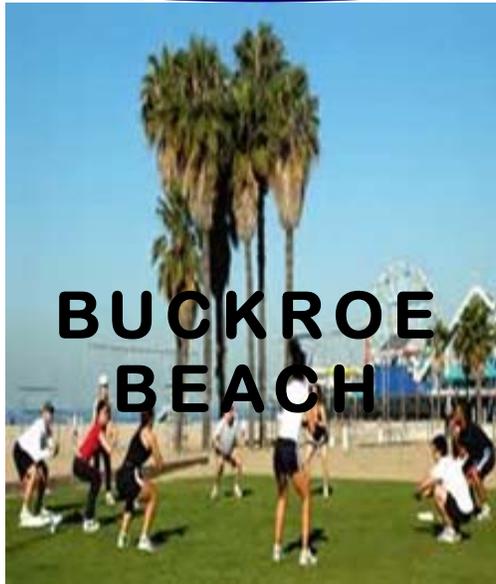
- Checking height and weight
- Screening for alcohol and tobacco use
- Screening for depression

Guys, don't take your health for granted. Schedule your annual physical now and don't think going to the doctor is a sign of weakness, it isn't. Taking care of yourself shows strength far beyond big muscles. Lookout for more tips during Men's Health Week—June 9 to 15.

Summer Workout With Conroy Newman

**Tuesday
& Thursday
June 24-July 24**

**FREE & Open
to ALL!**



**7:am- 8:00am
Call 913-271-1335
for details!**

- ⇒ Cardio
- ⇒ Plyometric
- ⇒ Weight Training

Summer vacation is here but our children still need to be educated about sun safety.

Children need special attention – they tend to spend more time outdoors, can burn more easily, and may not be aware of the dangers. Parents and other caregivers should protect children from excess sun exposure by using the steps above. It's important, particularly in parts of the world where it's sunnier, to cover your children as fully as is reasonable. You should develop the habit of using sunscreen on exposed skin for yourself and your children whenever you go outdoors and may be exposed to large amounts of sunlight.

Children need to be taught about the dangers of too much sun exposure as they become more independent. If you or your child burns easily, be extra careful to cover up, limit exposure, and apply sunscreen. Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing. Sunscreen may be used on small areas of exposed skin. When choosing a sunscreen product, be sure to read the label. Sunscreens with broad spectrum protection (against both UVA and UVB rays) and with sun protection factor (SPF) values of 30 or higher are recommended.

Sun protection factor (SPF): The SPF number is the level of protection the sunscreen provides against UVB rays, which are the main cause of sunburn. A higher SPF number means more UVB protection (although it says nothing about UVA protection). For example, when applying an SPF 30 sunscreen correctly, you get the equivalent of 1 minute of UVB rays for each 30 minutes you spend in the sun. So, 1 hour in the sun wearing SPF 30 sunscreen is the same as spending 2 minutes totally unprotected. People often do not apply enough sunscreen, so the actual protection they get is less.

Sunscreens labeled with SPFs as high as 100+ are available. Higher numbers do mean more protection, but many people do not understand the SPF scale. SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%, SPF 50 sunscreens about 98%, and SPF 100 about 99%. The higher you go, the smaller the difference becomes. No sunscreen protects you completely. only if adequate clothing and shade are not available.

The Best & Worst Foods for Diabetics

When you have type 2 diabetes, eating a good balance of protein, carbohydrates, and healthy fats is important. Some people find it helps to count carbs, too. So what's a well-balanced dinner? A power breakfast? You just have to know how to choose within the guidelines your doctor gives you and here are some of the best and worst.

<u>BEST</u>	<u>WORST</u>
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Roasted Chicken	Fried Chicken
American Breakfast	Farmhouse Breakfast
Beef & Bean Enchilada	Burrito with Chips & Queso
Pork Tenderloin	Southern Style Ribs
Shrimp & Feta Pasta	Shrimp Pasta Alfredo
Turkey-Veggie Sandwich	Tuna Salad Sandwich
Chicken Gumbo	Cajun Sausage Gumbo
Asian Tuna Burger	Fast Food Hamburger Meal
Grilled Fish & Veggie Platter	Fried Fish Platter
Stir Fry—Your Way	Chinese Takeout Combo

And don't forget the exercise. Just 20 minutes of brisk walking a day can help lower your Type 2 Diabetes risk, lower your blood sugar, blood pressure, and slim that waistline for summer.

Groovin' By the Bay Concerts

Sundays n 6-9pm n Buckroe Beach

Sunday evenings will be rocking at the beach this summer with a musical mix including everything from beach, pop, oldies, Motown and swing.

Whether listening or dancing, you'll enjoy this evening of music under the stars!

JUNE 15.....Slapwater

JUNE 22.....The TFC Band

JUNE 29.....The Janitors



Story Telling in the Park!

Fridays, 11 am Bluebird Gap Farm

Experience the art of storytelling through magic, music, puppetry, and prose. Come early and bring your picnic basket or stay after to greet the animals and enjoy the playground. Children 'rock' at Bluebird Gap Farm!

6/20 Doggity Dudes play hip music for hip kids and their equally hip parents! A typical set covers every thing from pet rocks to disco moves to science experiments and lots of interactive audience participation and loads of fun!

6/27 The Magic of Krendi is an international award winning illusionist with over 4, 000 performances in 4 countries and 15 states. His stand up comedy and magic is fast paced, high energy, and interactive fun that is guaranteed to wow both children and adults!

Tennis Camps

Hampton Tennis Center

9 Woodland Road

727-1193

All Camps are for ages 6-16 years, beginner to intermediate levels under the direction of Rush Cole. Camp time is 9a to 12noon,

Monday—Friday; \$100 per camp.

Camp Dates:

[June 16-20](#)

[June 30-July 4](#)

[July 14-18](#)

[July 21-25](#)

[Aug 4-8](#)

[Aug 11-15](#)

[Aug 18-22](#)





**HAMPTON
PARKS &
RECREATION**

Administrative Office - 727-6348
22 Lincoln Street

Fort Monroe Center - 727-6831
100 Stillwell Road

Newtown Center - 728-1710
4315 Kecoughtan Road

North Phoebus Center - 727-1160
249 W. Chamberlain Ave.

Northampton Center - 825-4805
1435-A Todd's Lane

Old Hampton Center - 727-1123
201 Lincoln Street

Senior Services Center - 727-1601
3501 Kecoughtan Road

West Hampton Center - 896-4687
1638 Briarfield Road

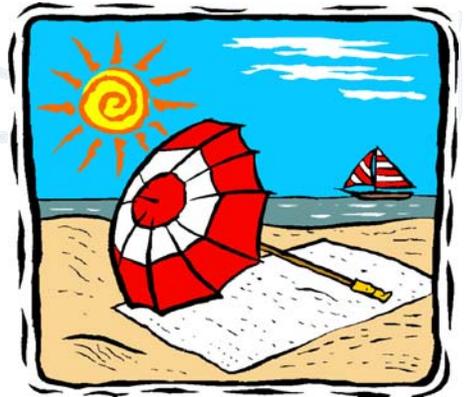
YH Thomas Center—727-1200
1300 Thomas Street

www.hampton.gov/parks

Facebook at *HamptonVA*

Fun in the Sun!

Buckroe Beach and Outlook Beach (on Fort Monroe) are now open and staffed with lifeguards for your summer time enjoyment!



While you are at Fort Monroe check out an Ellipti-Bike at the Community Center. It's a fun and unique way to see the Fort!

School will be out soon so get you children registered for Summer Fun Camp at Westhampton, Northampton or Fort Monroe Community Centers or you pre-teen into Club 1115.

Daily activities include sports, fitness games, arts & crafts, and more fun than you can stand!

June 15th is Fathers Day!

