



Men's Health and Safety Month!



Recipe of the Month



Grilled Veggies

It's summer time and grilling is a summer time staple! There are different vegetables that taste amazing when cooked on a grill. Try one or try all of them! Click on their title to take you to their recipe. Enjoy!

- [Loaded Grilled Cauliflower/](#)
- [Grilled Brussels Sprouts](#)
- [Grilled Zucchini](#)
- [Grilled Cabbage "Steaks"](#)



Spotlight of the Month

Human Resources Wellness Program

Virtual Group Fitness



Employees and families that are participating in virtual group fitness classes are our spotlight for the month. These classes are offered during lunch time and after work in a conference call type of platform. You join from the comfort of your home and can have your family join in the fun. We had 25 participants throughout 4 classes. Join the fun and earn wellness points! Below are a few of our next classes and look out for the next class session on broadcast. Email ShapeItUp@elpasotexas.gov to reserve a spot if you would like more information.



After Work Sessions @ 5:30 PM
June 16, 23

Noon Time Sessions @ 12:00 PM
June 11, 18





As Aetna's June wellness focus explains, men are less likely to seek medical care for a number of reasons. During the month of June whether it is you, or your father, your spouse, your colleague, or friend let's spread awareness, that doing what you can to stay healthy is a sign of strength. Find Aetna's wellness focus at myelpasotexas.gov and read the tips below.

Top 10 Health Tips for Men

[Find the details at WebMD.com](http://WebMD.com)

1. **Find a doctor you trust**
2. **See that doctor for regular visits**
3. **Get informed on symptoms or complaints you are feeling**
4. **Regularly workout and vary the workout**
5. **Eat to thrive and learn about healthier options**
6. **Prioritize sleep**
7. **Check in on your emotional health**
8. **Keep healthy relationships**
9. **Care for your prostate**
10. **Find ways for enjoyment**



Statistics

- Men are 4x more likely than women to die by suicide
- 50% of men will be diagnosed with cancer in their lifetime
- Men account for 92% of workplace deaths
- By the age of 100, women outnumber men eight to one

CDC, 2015

June is also National Safety Month!



Be prepared for the Summer months with these safety tips!

Stay safe in June by continuing to follow CDC and Health guidelines

- Stay hydrated. Always carry a water bottle with you. Drink extra if you are outdoors, exercising, drinking coffee or alcohol.
- Keep an eye on the weather so you don't get stuck in a storm or extreme heat.
- If exercising outdoors avoid the middle of the day when temperatures are at their highest.
- Remove objects that collect water in the yard such as buckets, toys, etc. to minimize mosquitos
- Watch for warning signs of heat illness. If you or a companion becomes dizzy, nauseated or weak, take action. Move out of the heat, call for help, apply cool cloths to the body and sip on water.
- Use sunscreen, wear a hat and light-colored clothing if you must be outdoors.
- Learn more about Sunscreen by visiting the [American Academy of Dermatology Association](http://AmericanAcademyofDermatologyAssociation) site on Sunscreen FAQs.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

Texas Department of State Health Services

For more information: dshs.texas.gov/coronavirus