June is Men’s Health Month

Men’s Health Month is a time to raise awareness about preventable health problems and encourage men to seek early treatment for disease and injury.

According to the Office of Disease Prevention and Health Promotion (ODPHP), men die five years younger than women on average, and most of the factors that contribute to men’s shorter, less healthy lives are preventable. WW (Weight Watchers® reimagined) inspires healthy habits by helping people to lose weight, eat healthier, move more, shift their mindset, or all of the above, so they can live their healthiest, happiest lives.

Start by stepping

Consistent daily activity nourishes nearly every system in your body. A study published in the journal *Comprehensive Physiology* found that physical inactivity is a primary cause of most chronic diseases, from heart disease and stroke to depression.

When you take 10,000 steps a day, you add a brick in the wall that protects your health. Hitting that goal helps to build a stronger heart, more rugged metabolism, stable blood sugar, and even a more agile brain.

5 weight-loss myths for men

WW debunks old roommates’ tales, urban legends, and just plain bad information that can keep you from hitting your goal.

1. **MYTH**
   Skipping breakfast helps you lose weight.
   Breakfast eaters “tend to eat fewer calories the rest of the day,” says Dallas-based ADA spokesperson Lona Sandon, PhD, RDN. Opt for a hearty morning meal that will keep you feeling full so you don’t overeat the rest of the day.

2. **MYTH**
   Eating late at night makes you gain weight.
   What you eat, not when you eat, makes the difference. The one exception is breakfast. Evidence suggests eating regular meals, especially breakfast, helps promote weight loss by reducing fat intake and minimizing impulsive snacking.

3. **MYTH**
   Drinking water flushes the pounds away.
   From regulating body temperature and blood pressure to boosting performance during exercise, the benefits of staying hydrated are endless. While it won’t flush away pounds, drinking a glass of water before a meal can be a useful mind trick, suggests Lona Sandon. Pay attention to drinking more, and you’ll likely watch what you eat, too.

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Benefits eligible faculty and staff of JHU can join WW at more than 50% OFF standard pricing!

To sign up for WW today or to learn more, visit wellness.weightwatchers.com and enter the Johns Hopkins University Employer ID: 59237.