

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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weightwatchers
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5

Blue cheese chicken burgers

SmartPoints® value per serving

Cook Time: 10 min | Prep Time: 15 min | Serves 4

Make this dinner fast using store-bought rotisserie chicken breast and orzo that you've cooked in advance and reheated.

- | | |
|---|--|
| 2 sprays cooking spray | 2 tsp minced garlic |
| ¼ cup barbecue sauce | ½ tsp table salt |
| 1½ hot pepper sauce (or to taste) | 4 light hamburger buns |
| 1 pound uncooked ground chicken breast | 2 cups shredded romaine lettuce |
| ½ cup sliced scallions | 1 large fresh tomato, cut into 8 slices |
| ¼ cup celery | 2 Tbsp crumbled blue cheese |
| ¼ cup dried plain breadcrumbs | |

- 1 Off heat, coat a grill or grill pan with cooking spray; preheat to medium-high.
- 2 In a small bowl, combine barbecue sauce and hot pepper sauce. In a medium bowl, combine chicken, 1 tablespoon of barbecue sauce mixture, scallions, celery, breadcrumbs, garlic, and salt. Using wet hands (to prevent mixture from sticking), form chicken mixture into four ½-inch-thick patties; brush top of patties with some remaining barbecue sauce mixture.
- 3 Place patties on grill, sauce side down; brush tops with remaining sauce. Grill, turning once, until cooked through, about 10 minutes. Lightly toast open-faced buns on grill during last minute of cooking.
- 4 To serve, place 4 bun bottoms on each of 4 plates. Top each with ½ cup of shredded lettuce, 2 tomato slices, a burger, ½ tablespoon of cheese, and a bun top (cheese will melt a little from hot burger). Yields 1 burger per serving.

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4 MYTH

Eating (fill-in-the-blank food) will vaporize fat.

“There’s still the myth out there that if you eat a particular food, it will help you lose weight,” Sandon says. Celery has no magic powers. A healthy eating pattern includes it all: fruits, veggies, carbs, and proteins as well as snacks and sweets.

5 MYTH

Carbohydrates will plump you up.

Our bodies need carbs—including whole grains, fruits, and vegetables—to function properly. While these are not scientific terms, “good” carbs generally refer to complex carbs, which are closer to their natural state, like corn or whole-wheat bread, and are usually a better choice than simple carbs like pastries and sugary cereal.

WW gives you the tools you need to make smarter, healthier decisions, so you don’t have to separate fact from fiction when it comes to food, activity, and well-being.



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**.

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