

# WELLNESS FOR LIFE

## JUNE 2026 BUSINESS BUZZ

### National Men's Health Month

There is a crisis in men's health. Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women. Here are the facts:

- Currently, men are dying an average of 5 years younger than women and lead 9 out of 10 of the top causes of death.
- Men are at greater risk for death in every age group. More males than females are born (105 vs 100), but by age 35, women outnumber men.
- Men have a higher suicide death rate than women.
- Men account for 92% of fatal workplace injuries.
- Men do not see physicians for a physical exam nearly as often as women and men are more likely to be uninsured than women.

Take control of your health by getting a yearly check-up from your healthcare provider. If you do not have a healthcare provider or cannot afford one, look for health fairs, free clinics, and free screening events

### Grilled Steak With Greek Corn Salad

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh oregano and/or mint
- 1 teaspoon honey
- Kosher salt and freshly ground pepper
- 1 English cucumber, peeled and chopped
- 1 pint grape or cherry tomatoes, halved
- 1 small red onion, diced
- 1/2 cup crumbled feta cheese (about 4 ounces)
- 1/3 cup pitted green olives, sliced
- 2 ears of corn, shucked

Preheat a grill to high. Whisk the olive oil, vinegar, herbs, honey, 3/4 teaspoon salt and a few grinds of pepper in a medium bowl. Remove 2 tablespoons of the vinaigrette to a large bowl; set aside. Add the cucumber, tomatoes, red onion, feta and olives to the bowl with the remaining vinaigrette; toss to coat.

Grill the corn, turning occasionally, until charred in spots, about 8 minutes; remove to a cutting board. Meanwhile, season the steaks with salt and pepper. Working in batches if necessary, grill the steaks until the edges start browning, about 2 minutes. Flip and cook until browned on the other side, about 30 seconds. Transfer to the bowl with the reserved vinaigrette; toss to coat. Cut off the corn kernels and add to the salad. Serve the steak with the corn salad

### 4 Tips for a Healthy Summer

1. Choose in-season fruits and vegetables. They will be more tasty and cost-effective!
2. Travel healthy by packing snacks for road trips instead of stopping at convenience stores or fast food.
3. Choose healthy BBQ options like chicken, fish, and veggies. Avoid charring meats as this releases harmful chemicals called HCAs that are linked to cancer.
4. Stay safe in the sun by wearing sunscreen, SPF lip balm, hats, & sunglasses.

### UPCOMING EVENTS

#### June 1

Spencer Family Aquatic Center Opens

#### June 1-12

Begin to Swim Lessons at SFAC

#### June 6

Puppy Yoga 11:00-11:30a

#### June 12

Begin to Swim Family Fun Day 9:30-11a

#### June 13

Flagfest Free Swim at SFAC

Flagfest Event at YMCA 2-4pm

#### June 26

LifeServe Blood Drive 8am-2pm



### Want a Free Month of Membership?

Enter a new member  
wellness challenge at the  
Member Service Center  
each month. This month,  
log the miles you bike for  
a chance to win!