



JUNE 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter

You don't want to miss this! Over **30 prizes** to be awarded for attending. Vendors from all over are bringing their capes to join the fight. Find your inner superhero, grab your cape and supercharge your health & safety!



**CITIES OF BRYAN/COLLEGE
STATION & BRAZOS COUNTY
EMPLOYEE
HEALTH & SAFETY EXPO**

**JUNE 23, 2022 10 AM - 2 PM
BRAZOS CENTER
3232 BRIARCREST DRIVE**



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SAFETY EXPO - SAVE
THE DATE**

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**MEN'S HEALTH
SEMINAR**

**HEALTH ASSESSMENTS - SAFETY DEMONSTRATIONS
- BACKHOE RODEO - EDUCATION - FUN & PRIZES**



June is Men's Health Month



01

Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



02

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



03

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

AWARENESS. PREVENTION. EDUCATION. FAMILY.



Summer Safety Tips



Swim Smart

Kids aren't the only ones who need to practice safe swimming. Adults need to keep swimming safety in mind, too. Whether enjoying the pool, beach, lake, or river, any body of water can be dangerous if the appropriate precautions aren't taken. It's important to remember drinking alcoholic beverages and swimming don't mix. Don't overestimate your swimming abilities and avoid swimming alone, especially where there are reported strong currents in natural bodies of water. Designating an undistracted "water watcher" to keep an eye on your group can be helpful in detecting a swimmer in trouble.

Wear Daily Sunscreen

Reduce your skin cancer risk (and the early onset of wrinkles!) by wearing sunscreen daily. Most people spend more time outdoors enjoying summer activities, making it easy to forget to apply sunscreen. People with sensitive skin are most likely to burn easily in the sun. The American Academy of Dermatology recommends applying sunscreen with an SPF of 30 or higher. Since no sunscreen can block all of the sun's UVB rays, be sure to wear sunglasses, a hat, and cool, long-sleeved clothing when outdoors for long periods of time.

Stay Hydrated

Staying hydrated is always important for optimal body functioning, but especially during the hot and humid months. That's because fluids are lost through sweat which happens a lot more often in the summer. If you plan to spend a lot of time outdoors, make sure you keep water with you and drink it often. Consuming foods with high water content — think melons, lettuce, cucumbers, etc. — can also help you stay hydrated to avoid heat illnesses.

Do What You Love

Finding joy in life and its activities is one of the best ways to keep yourself mentally and physically young. Whether that's going out golfing with friends, playing with your grandkids, visiting a local winery, painting, wakeboarding, etc., it's important to make time to rest and relax this summer season.

Boat Safely

Summer is a great time for boating. A few precautions to take when boating include: ensuring enough life vests are onboard; watching the weather before and during your time on the water; skipping alcoholic beverages when driving the boat; staying hydrated throughout the day.

Use Insect Repellent

Protect yourself from diseases spread by mosquitoes and ticks like dengue fever, malaria, West Nile Virus, and Lyme disease by wearing bug repellent. In addition to bug spray, you can also minimize bug bites by discarding standing water in your yard (think bird baths and kiddie pools), wearing long sleeved-clothing, and using mosquito netting, when outdoors to avoid bug bites.

Source: www.totalwellnesshealth.com

Chicken Parmesan with Broccoli

Ingredients

- 2 tablespoons refrigerated egg product
- 1/2 cup whole-wheat panko bread crumbs
- 1/8 teaspoon salt
- Dash black pepper
- 1/2 pound skinless, boneless chicken breast half, halved horizontally
- Nonstick cooking spray

Total Cooking time: 30 minutes

- 6 ounces trimmed broccolini, large stems halved lengthwise
- 2 teaspoons olive oil
- 1/2 cup roasted red sweet pepper
- 1 tablespoon snipped fresh basil
- 2 teaspoons lemon juice
- 1 clove garlic, minced
- 2 tablespoons finely shredded parmesan cheese



Directions

1. Preheat oven to 425 degrees F. Pour egg into a shallow dish. In another shallow dish combine panko, salt and black pepper. Dip chicken in egg, then in panko mixture, turning to coat. Place chicken in a 15x10-inch baking pan; lightly coat with cooking spray. Place broccolini next to chicken; drizzle with oil. Bake 15 minutes or until chicken is done (165 degrees F).
2. Meanwhile, for sauce, in a food processor combine the next five ingredients (through garlic). Cover and process until smooth. Transfer to a small saucepan; heat through.
3. To serve, spoon sauce over chicken and broccolini and top with cheese and additional basil.

Source: www.eatingwell.com

CITY OF BRYAN SPRING CHALLENGE

Camp Gladiator is partnering with City of Bryan to bring you a fun, all-levels fitness challenge! Sign up to get 5 weeks of workouts at a specially discounted rate.



ENJOY THE PERKS:

- Unlimited CG Workouts: Outdoor, Live Virtual, or On-Demand
- Nationally accredited & certified Trainers to help set goals & stay accountable
- Cost of challenge discounted to just **\$29** for all City of Bryan employees + their family members

(979) 255-5309

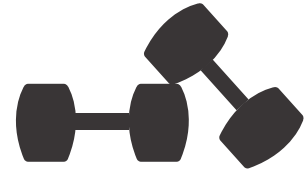
Contact: Kristen Gardner

kristengardner@campgladiator.com

How to Register:

1. Scan the QR Code
2. Enter your zip code or city name
3. Select the outdoor location that you think you'll attend the most
a. Tip: Filter by time/day to find a time slot that works best for your schedule!
4. Fill in your information to create your CG account
5. Enter code **CITYOFBRYAN22** to take the price down to \$29
6. Under Additional Info, find **Kristen Gardner** in the dropdown under "Let us know if a CG Trainer helped you out!"

*FYI, you may attend any CG workouts with any Trainer, but Kristen will be your main point of contact throughout the challenge!



Men's Health Seminar

Join the City of Bryan Employee Health Center's Medical Director, Dr. Eric South, for this informal discussion about current men's health issues. He will discuss preventive screenings, healthy lifestyle choices and will address questions from attendees. The session will be for **men only** to allow for open and honest conversation.

Municipal Service Center Training Room

Friday, June 3rd from 7:30am-8:30am

&

Tuesday, June 28th from 7:00am-8:00am

Municipal Office Building Basement Training Room

Tuesday, June 28th from 12:00pm-1:00pm



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email CityofBryanHealth@st-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Michael Stires

Risk Management Generalist

979-209-5054

mstires@bryantx.gov

<https://wellness.bryantx.gov/>