Greetings,

June is National Men’s Health Month – a Congressional education program that aims to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. So, in this issue we’re adding to the awareness with articles that may be of particular interest to men and those who care about them.

We start with 7 Questions Every Man Should Ask His Doctor. From moles to memory to blood pressure and more, here’s a list of typical issues men should discuss at their doctor visits, but often don’t.

Does when you eat matter? Do carbs plump you up? In 6 Weight-Loss Myths for Men we debunk some commonly held beliefs and tell you what really works.

One food that can help with weight loss is fish. But if you’re that person standing at the counter not sure of what to buy or how to make it, A Guy’s Guide to Seafood will give you tips on what to choose plus healthy ways to cook it.

And if grilling is your thing, forget the heavy hamburgers and hot dogs and get fired up for adventure. In 7 Foods that Will Liven Up Your Grill you’ll learn how to impress guests big time with specialties like perfectly prepared bison burgers, ostrich filets and juicy octopus.

Happy Men’s Health Month. More in two weeks.

Tricia Fox
Phone: 814-777-7401

Links not working? Just cut and paste the following link into your Web Browser.
https://weightwatchers.com/us/article/7-questions-every-man-should-ask-his-doctor
http://weightwatchers.com/us/m/cms/article/7-foods-will-liven-your-grill