

JUNE TOOLKIT



TAKE CARE OF YOU THIS JUNE

This June, Thrive has adopted the mantra, "Take Care of You." We're halfway through the year, so we encourage you to check in with yourself and reflect on your financial, social, intellectual and environmental well-being. To celebrate this month (and YOU), we have provided an infographic that may nudge you to take care of you in a new way. We've also provided an informative guide to improving your personal well-being at any age.

In the May toolkit, we used Mother's Day as an opportunity to include some health information for women. In honor of Father's Day on June 15, we will focus on the well-being of all fathers, both traditional and nontraditional, the week of June 9-15. Therefore, in the June toolkit, we've included a table to help men decipher which preventive tests they should discuss with their doctor – it's always good to be proactive when it comes to health! We invite you to take care of not only you, but also the special men in your life.

DAD JOKE

Why did the lazy river get promoted?
Because it always went with the flow!



FINANCIAL
ECONOMIC

INTELLECTUAL
LEARNING



SOCIAL
MINGLING

ENVIRONMENTAL
NATURAL



IDEAS FOR TAKING CARE OF YOU



Thrive

FINANCIAL

- Create a budget: Track your income and expenses to understand your spending habits and set financial goals.
- Increase financial literacy: Stay informed about money management strategies, taxes and smart investing.

INTELLECTUAL

- Try new activities: Step outside your comfort zone by exploring new hobbies, traveling or engaging in creative pursuits.
- Reflect and journal: Take time to reflect on your thoughts and experiences, which can enhance self-awareness and critical thinking skills.
- Read regularly: Read a variety of materials – books, articles and essays – to expand your knowledge and stimulate your mind.

SOCIAL

- Engage in community activities: Participate in local events or volunteer to strengthen connections and enhance feelings of belonging.
- Nurture relationships: Invest time in building and maintaining meaningful relationships with friends and family.
- Seek support: Don't hesitate to reach out for help from your social networks during challenging times, as this can improve overall well-being.

ENVIRONMENTAL

- Advocate for sustainability: Support policies and initiatives that promote environmental health and sustainability in your community.
- Reduce, reuse, recycle: Implement these practices in your daily life to help minimize waste and conserve resources.
- Engage with nature: Spend time outdoors, participate in community cleanup events or create a garden to foster a connection with the environment.



DAD WEEK

Take Care of You: A Guide to Well-Being at Every Age

Taking care of your health is essential, no matter your age. For men, wellness evolves with time, and it requires different approaches as the body undergoes various changes. Whether you're under 50 and building lifelong habits or over 50 and adapting to new challenges, here's a comprehensive guide to maintaining optimal health.

Men's health under 50: Building a strong foundation

During their younger years, men experience gradual hormonal shifts, lifestyle changes and a growing number of responsibilities that can impact their well-being. Prioritizing physical, mental and nutritional health early lays a strong foundation for future longevity.

1. The role of exercise

Regular strength training and cardio are essential for maintaining muscle mass, boosting testosterone and supporting heart health. Weightlifting improves bone density, metabolism and joint health, preventing early signs of osteoporosis. Meanwhile, cardiovascular exercise helps lower blood pressure, improve lung capacity and enhance endurance.

For optimal results, men should engage in a mix of resistance training, high-intensity workouts and steady-state cardio – incorporating activities like weightlifting, running, cycling, swimming or circuit training. Balancing different types of movement helps improve flexibility, prevent injuries and keep the body functioning at peak levels.

2. Nutrition and hormonal balance

Maintaining a well-balanced diet featuring

lean proteins, fiber-rich foods and healthy fats keeps energy levels high and supports proper hormone function.

Testosterone naturally declines with age, but following a diet rich in zinc, magnesium and vitamin D can help support its production. Monitoring one's nutrition helps regulate testosterone and prevent metabolic conditions like diabetes and obesity.

Hydration is another key factor – drinking plenty of water aids digestion, improves circulation and supports brain function. Avoiding excessive intake of alcohol and processed foods helps boost metabolic efficiency and prevents unnecessary weight gain.

3. Mental well-being

Men often overlook mental health, but stress management is crucial. Prioritizing hobbies, meditation and social engagement helps reduce anxiety and improve cognitive function. Exercise plays a major role in mood regulation by increasing dopamine and serotonin levels, which can help combat depression.

Building strong social connections and expressing emotions openly fosters resilience against mental health struggles. Seeking professional support when needed – such as therapy or counseling – can be a valuable step toward maintaining emotional well-being.

4. Preventive health measures

Routine checkups, including screenings for testicular cancer, skin cancer and high blood pressure, promote early detection and better long-term outcomes. Men under 50 should get regular cholesterol checks, glucose screenings and hormone assessments to detect potential health concerns early.

Consistent self-exams – such as checking for unusual lumps or skin changes – are simple yet effective ways to stay proactive about health. Being serious about sun protection, such as by regularly wearing sunscreen, can significantly reduce the risk of skin cancer.

Men's health over 50: Adapting to changes

Once men reach 50, certain aspects of their health require closer attention. Changes in metabolism, hormone levels and immune function make proactive strategies more important than ever.

1. Maintaining strength and flexibility

Muscle loss accelerates with age, making weightlifting and mobility exercises essential. In particular, strength training helps combat sarcopenia (age-related muscle loss), while yoga and stretching promote joint health, reduce stiffness and improve range of motion. Prioritizing low-impact workouts such as swimming, brisk walking and resistance band exercises can help maintain strength without straining joints. Incorporating flexibility exercises – such as through dynamic stretching before workouts and static stretching afterward – supports longevity and injury prevention.

2. Heart health and chronic conditions

Men over 50 face higher risks of hypertension, heart disease and diabetes. Following a diet rich in whole foods, omega-3s and fiber helps manage cardiovascular health and prevent arterial plaque buildup. Regular screenings for cholesterol, blood pressure and blood sugar are crucial for monitoring changes and preventing complications. Reducing sodium intake, maintaining a healthy weight and engaging in consistent physical activity are key factors in lowering the risk of chronic diseases.

3. Sleep and recovery

Sleep quality can decline with age, impacting hormone production and overall health. Establishing a consistent sleep schedule

supports energy levels, cognitive functioning and emotional well-being.

To improve sleep hygiene, men should:

- Avoid screens and blue-light exposure one to two hours before bedtime.
- Maintain a dark, cool sleeping environment to encourage deeper rest.
- Stick to a consistent bedtime and wake-up schedule and routine for balanced circadian rhythms.

Consistent, restorative sleep improves memory, digestion and stress management, leading to improved overall health.

4. Cancer prevention and screenings

Routine screenings for prostate cancer, colorectal cancer and other common conditions improve the chances of early detection. Prostate exams and colonoscopies become increasingly important with age.

Managing risk factors such as diet, smoking, alcohol consumption and sun exposure plays a significant role in prevention. Eating antioxidant-rich foods, maintaining healthy weight levels and staying physically active can help reduce cancer risks.

Final thoughts

Men's health is a lifelong journey that requires active attention and adaptation. Whether someone is under or over 50, prioritizing exercise, nutrition, sleep, mental well-being and regular screenings can lead to a healthier, more fulfilling life.

Taking small but consistent steps today can help build resilience for years to come. Stay proactive, listen to your body and seek professional guidance when needed – because great health is the foundation of a vibrant life.



CHECK IT DON'T NEGLECT IT: PREVENTIVE SERVICES FOR MEN

Appropriate screenings for men: Based on guidelines from the U.S. Preventive Services Task Force

What is the U.S. Preventive Services Task Force?

The USPSTF is an independent volunteer group of national experts in prevention and evidence-based medicine. The task force works to improve the health of all Americans by making evidence-based recommendations about preventive clinical services such as screenings, counseling services and preventive medicines. The recommendations apply to people with no signs or symptoms of the disease. To develop a recommendation statement, task force members consider the best available science and research on a topic. For each topic, the task force posts draft documents for public comment, including a draft recommendation statement. All comments are reviewed and considered in developing the final recommendation statement.

Always talk to your doctor about appropriate screenings

Getting the best health care means making smart decisions about what screening tests, counseling services and preventive medicines to get and when to get them. Many people don't get the tests or counseling they need. Others get tests or counseling they don't need, or that may even be harmful to them. Task force recommendations can help keep you healthy and prevent disease by teaching you about screening tests, counseling services and preventive medicines. The following table provides information about common screenings for men based on age.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
ABDOMINAL AORTIC ANEURYSM SCREENING	Not recommended.	Not recommended.	Not recommended.	One-time screening by ultrasonography recommended for men ages 65-75 years who have ever smoked.
BLOOD PRESSURE	If there are no other risk factors, get screened every three to five years. If risk factors are present, get screened every year. If blood pressure is high (the top number is between 120 and 139 or the bottom number is between 80 and 89 or higher), have it checked every year.	Get blood pressure checked at least once a year. A statin is also recommended for those who have one or more CVD risk factors and an estimated 10-year risk of cardiovascular event of 10% or greater.	Get blood pressure checked at least once a year. A statin is also recommended for those who have one or more CVD risk factors and an estimated 10-year risk of cardiovascular event of 10% or greater.	Get blood pressure checked at least once a year. A statin is also recommended for those who have one or more CVD risk factors and an estimated 10-year risk of cardiovascular event of 10% or greater.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
CHOLESTEROL	Starting at age 20 until age 35, get a cholesterol test if you are at increased risk for heart disease.* Starting at age 35 and older, get a cholesterol test at least every 5 years.	Get a cholesterol test regularly. Talk with your doctor to decide how often this test is necessary.	Get a cholesterol test regularly. Talk with your doctor to decide how often this test is necessary.	Get a cholesterol test regularly. Talk with your doctor to decide how often this test is necessary.
COLORECTAL CANCER SCREENING (using fecal occult blood testing, sigmoidoscopy or colonoscopy)	Not recommended.	Starting at age 45, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.
DIABETES SCREENING	Recommended for those over 35 who are overweight or with obesity.	Recommended for men who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for men who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for men who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.
DENTAL EXAM	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.
EYE EXAM	If you have vision problems, have an eye exam every two years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every two years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every two years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every two years or more often if recommended by your doctor.
PROSTATE CANCER (prostate-specific antigen)	Not recommended.	Not recommended.	Not recommended.	Not recommended.
SKIN CANCER	Not recommended if you have no signs or symptoms of skin cancer.	Not recommended if you have no signs or symptoms of skin cancer.	Not recommended if you have no signs or symptoms of skin cancer.	Not recommended if you have no signs or symptoms of skin cancer.

You may be at an increased risk of heart disease if you have any of the following:

1. Diabetes.
2. Previous personal history of heart disease.
3. Family history of cardiovascular disease before age 50 in male relatives or age 60 in female relatives.
4. Tobacco use.
5. High blood pressure.
6. BMI \geq 30.

SOURCES:

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