

JUNE IS MEN'S HEALTH MONTH



MEN'S HEALTH 30 DAY CHALLENGE:
JUNE 11-JULY 8
YOU CHOOSE BETWEEN 4 DIFFERENT CHALLENGES!
PRIZES FOR THE WINNER OF EACH CHALLENGE
SCAN THE BARCODE TO SEE DETAILS & SIGN UP



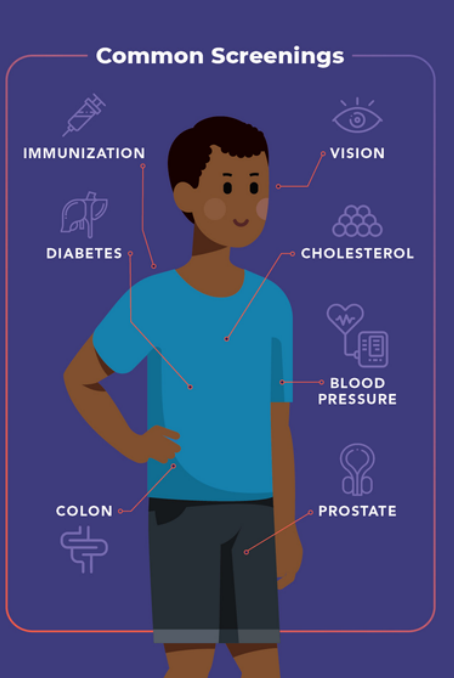
HERE ARE A FEW GREAT PLACES TO START ON YOUR JOURNEY TO A LONGER HEALTHIER LIFE:

- Managing stress
- Limiting alcohol consumption
- Being active
- Maintaining a healthy weight
- Eating a healthy diet
- Avoiding tobacco products

DID YOU KNOW?

GENETICS VS. LIFESTYLE

Only 30% of a man's overall health is **DETERMINED BY HIS GENETICS**. 70% is controllable through lifestyle.¹



GETTING MORE SLEEP

Men who **SLEEP 7-8 HOURS A NIGHT** have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.¹

GOING FOR A WALK

Men who **CLIMB 50 STAIRS OR WALK FIVE CITY BLOCKS A DAY** may lower their risk of heart attack by 25%.¹

HEALTHY EATING

HEALTHY EATING can help to prevent prostate cancer.²

EARLY DETECTION

When **COLORECTAL CANCER** is found early, it can often be cured.³

Men's Health Prevention TIPS:

1. Eat 6-8 servings of fruits and vegetables that contain essential antioxidants and phytonutrients to prevent cancer.
2. Drink mostly water. Avoid sodas and fruit juices. **TIP:** Try low calorie juices or sparkling drinks to help with those cravings
3. Limit Saturated Fats
4. Exercise 3-4 times per week.
5. Avoid processed foods and keep salt intake to a minimum. Processed foods tend to have added sugars and large amounts of salt. Eat whole foods and snacks to keep it healthy!

In need of a health coach to assist with lifestyle changes?? contact us: 720-737-7888

ANNOUNCEMENTS:

- **JUNE 30 DAYS- MEN'S HEALTH CHALLENGE**
- **JUNE 24-SABBATH LUNCH AND Q&A WITH LICENSED FAMILY THERAPISTS. HAVE YOUR QUESTIONS ANSWERED REGARDING CHILD AND FAMILY THERAPY**
- **JULY 30- CHURCH FAMILY PICNIC WITH FAMILY LIFE**

presented by Health and Wellness Ministries:

Men's Health Month

"I am still as strong today as the day Moses sent me out; I'm just as vigorous to go out to battle now as I was then."

Joshua 14:11



HEALTH AND WELLNESS MINISTRY

JACKFRUIT

- 2 (20-OUNCE) CANS JACKFRUIT IN WATER OR BRINE (NOT IN SYRUP)
- 2 TBSP AVOCADO OR COCONUT OIL (IF AVOIDING OIL, SUB WATER)
- 1/2 LARGE WHITE OR YELLOW ONION (THINLY SLICED)
- 4 CLOVES GARLIC (MINCED)
- 1/2 TSP SEA SALT
- 1 TBSP GROUND SMOKED PAPRIKA
- 1 TBSP GROUND CUMIN
- 1 TBSP CHILI POWDER
- 2-3 TBSP COCONUT SUGAR (OR MAPLE SYRUP OR ORGANIC BROWN SUGAR)
- 1-2 SMALL CHIPOTLE PEPPERS IN ADOBO SAUCE (FROM A CAN // ROUGHLY CHOPPED)
- 3 TSP ADOBO SAUCE (USE MORE OR LESS TO PREFERRED SPICE LEVEL)
- 1/4 CUP COCONUT AMINOS*
- 2/3 CUP WATER (PLUS MORE AS NEEDED)
- 3 TBSP LIME JUICE

FOR SERVING OPTIONAL
 CORN OR FLOUR TORTILLAS, SHREDDED RED CABBAGE, CILANTRO, LIME WEDGES,
 1 (15-OUNCE) CAN REFRIED PINTO OR BLACK BEANS, SALSA, CHIMICHURRI, EXTRA
 HOT HABANERO SAUCE

INSTRUCTIONS

THOROUGHLY RINSE AND DRAIN JACKFRUIT. THE PIECES COME IN CHUNKS OR TRIANGLE SHAPES. CUT OFF THE CENTER "CORE" PORTION OF THE JACKFRUIT THAT IS TOUGHER IN TEXTURE AND SEPARATE IT FROM THE REST OF THE FRUIT. THEN CHOP INTO SMALLER PIECES. FOR THE REMAINING PORTION OF THE JACKFRUIT THAT APPEARS MORE STRINGY, USE YOUR HANDS TO PULL INTO SMALL SHREDDED PIECES. RINSE THE JACKFRUIT AGAIN IN A COLANDER, DRAIN, AND THOROUGHLY DRY.

HEAT A LARGE SKILLET OVER MEDIUM HEAT. ONCE HOT, ADD OIL OF CHOICE, ONION, AND GARLIC. SAUTÉ FOR 4-5 MINUTES OR UNTIL ONIONS ARE GOLDEN BROWN AND SOFTENED.

ADD JACKFRUIT, SALT, PAPRIKA, CUMIN, CHILI POWDER, COCONUT SUGAR (STARTING WITH 2 TBSP), CHIPOTLE PEPPERS AND THEIR ADOBO SAUCE (STARTING WITH 1 PEPPER), COCONUT AMINOS, WATER, AND LIME JUICE. STIR TO COAT AND REDUCE HEAT TO LOW - MEDIUM. COVER AND COOK FOR ABOUT 20 MINUTES, STIRRING OCCASIONALLY. FOR A FINER, "MEAT-LIKE" TEXTURE, WHILE IT IS COOKING DOWN, USE TWO FORKS TO SHRED THE JACKFRUIT.

ONCE THE JACKFRUIT PROPERLY SIMMERED, ADJUST FLAVOR AS NEEDED. ADD MORE PAPRIKA OR CUMIN FOR SMOKINESS, CHILI POWDER FOR HEAT, CHIPOTLE PEPPER OR ADOBO SAUCE FOR SPICE, COCONUT SUGAR OR MAPLE SYRUP FOR SWEETNESS, COCONUT AMINOS FOR SALTINESS / DEPTH OF FLAVOR, LIME FOR ACIDITY.

TURN UP HEAT TO MEDIUM-HIGH AND COOK FOR 2-3 MORE MINUTES FOR A LITTLE EXTRA COLOR/TEXTURE. THEN REMOVE FROM HEAT.

ENJOY AS IS, ON TOP OF SALADS OR NACHOS, OR IN ENCHILADAS, BURRITOS, TAQUITOS, OR TACOS! WE PREFER CORN TORTILLAS, REFRIED BLACK BEANS, JACKFRUIT, CABBAGE, CILANTRO, AND HOT SAUCE

[HTTPS://MINIMALISTBAKER.COM/SPICY-JACKFRUIT-TACOS-1-POT-MEAL/](https://minimalistbaker.com/spicy-jackfruit-tacos-1-pot-meal/)

About us:

Danielle King, RN Ministry Lead: Health and Wellness Coach, Certified Holistic Nutrition

Leslie Moss: Registered Nurse

LucBorthes LPN

Yalisa Rosa: Advent Health for Children's Pediatric Weight and Wellness Program

Ambar R. Marín López, MD: Emergency Medicine

Contact us:

Phone : 720-737-7888

Email: livewellnessrn@gmail.com

Address: 624 Broadway Ave, Orlando, FL 32803

OUR MISSION

To educate, inspire, and grow our community in health, lifestyle, and prevention.

