

# Monthly Newsletter

HEALTHY BY CHOICE

POWERED BY PROCARE RX

June 2026



**"Strength isn't just built in the gym — it's built in the choices you make every single day."**

June is Men's Health Month — and at Healthy By Choice, we're using it as an opportunity to have a real conversation. Not just about working out or eating better, but about showing up fully: for your health, your family, and the people who count on you.

For too long, men have been taught to push through, stay quiet, and figure it out alone. But the research is clear: when men prioritize their health — physical, mental, and preventive — they live longer, perform better, and show up stronger in every area of life.

This month, we're spotlighting Pillar #1: Body Balance — the practice of moving your body in a way that builds energy, not just burns it. Whether you're lacing up for the Detroit Heart Walk, hitting the trails at Run the Ranch, or simply making one better choice today, this month is for you.

Inside, you'll find expert insights, practical tools, real challenges, and a few things worth celebrating. Because your health is not a side note. It's the whole story.

### ***In today's issue:***

- *Pillar #1: Body Balance — Why movement is medicine*
- *Men's Health Spotlight — The risks worth knowing, the habits worth building*
- *Words from an Expert — Longevity, testosterone & what the research actually says*
- *Community News — Events, resources & employee perks*
- *June Challenges — Body Check + Like Father Like Me*
- *Recipe of the Month — The Power Plate Bowl*

*Here's to moving well, living strong, and showing up — for yourself and everyone who matters.*

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# Men's Health: Move Well. Live Strong. Show Up.



June is Men's Health Month, and at Healthy By Choice, we see it as more than an awareness campaign. It is an invitation to — take your health seriously, stop putting off the appointments, and start building the habits that will carry you through the decades ahead. For working men, that means recognizing that your physical health is not separate from your performance, your leadership, or your ability to show up for the people who need you.

## Why It Matters

Men are statistically less likely than women to seek medical care, schedule preventive screenings, or talk about how they're really doing. The result? Many serious health conditions — heart disease, type 2 diabetes, high blood pressure, and certain cancers — are caught late, when they're harder to treat. Neuroscience tells us that chronic stress, poor sleep, and physical inactivity create a feedback loop that silently erodes energy, focus, mood, and resilience. The good news: movement is one of the most powerful interventions available — and it's free.

## Movement as Medicine

Body Balance isn't about having a six-pack or hitting a PR. It's about moving consistently in ways that support how your body actually functions. Research shows that regular physical activity:

- Reduces the risk of cardiovascular disease by up to 35%
- Improves insulin sensitivity and reduces risk of type 2 diabetes

- Supports healthy testosterone levels and hormonal regulation
- Boosts mood, mental clarity, and stress resilience
- Improves sleep quality — which affects everything else

The goal is not to do more. It is to move smarter — scheduling activity like a meeting, building recovery in before exhaustion becomes injury, and noticing what drains you, not just what you can push through.

## Preventive Care for Men

This month, make time for the essentials. Preventive care is not a sign of weakness — it is the smartest strategy on the field. Key screenings every man should have:

- Annual physical + blood pressure check
- Cholesterol and blood glucose panel
- Colorectal cancer screening (at 45)
- Skin check — men are twice as likely to develop melanoma
- Testosterone and thyroid panel if experiencing fatigue, mood changes, or weight shifts
- Mental health check-in — yes, this counts

## Mental Health & Breaking the Silence

Men experience depression, anxiety, and burnout at high rates — but are far less likely to name it, ask for help, or seek treatment. Silence is not strength. Connection is. Research shows that social support and the willingness to be honest about struggle are among the most powerful predictors of long-term resilience and longevity.

Burnout in men often looks like irritability, withdrawal, numbing through screens or substances, and a creeping sense of going through the motions. It is not a character flaw. It is biology responding to overload — and it responds to care.

**Reflect this month:** What would it look like to treat your health with the same discipline you bring to your work? What is one thing you have been putting off? Start there.

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# What He Knows

Komorebi - "Sunlight leaking through trees." Learn no matter what place you're at in your life you will have moments of darkness (bad), and moments of light (good) like how sunlight filters through a leafy tree. Accepting them both for what they are and learning to appreciate where you are; Not necessarily where you want to be. We cannot always control our outcomes, only how we react to them.



Be strong enough to protect, Kind enough to endure, wise enough to learn, calm enough to let go, and generous enough to teach.

Be strong and do not give up, for your work will be rewarded.



Words have power. In a world digitally entangled like never before, words have grown into a force of nature we all wield. Too often we neglect to choose them wisely. We may have the right to squander this power, but we have a duty to endeavor otherwise.

Trust yourself in whatever you decide to do. Whether that decision is, you should make it because it feels right for you and be 1000% confident in it.



Stop Putting things off and go see the world. If you wait until everything aligns you will never go!

Many men struggle in silence, but asking for guidance from a friend, mentor, or professional is a powerful, courageous step—not a weakness.



I used to think stress was just part of being a man with responsibilities. What I know now is that stress unmanaged becomes something you pass on to everyone around you. Taking care of yourself is how you protect the people you love.

Bring enough words together they can bend space and time. -Terry Pratchett



Trust your gut.

# Men's Health, Longevity & the Science of Movement

Why what you do in your 40s shapes who you are at 70

Men in the United States have a life expectancy nearly five years shorter than women — and researchers say most of that gap is preventable. The leading killers of American men are heart disease, cancer, unintentional injuries, and chronic lower respiratory disease. What do most of these have in common? They are significantly influenced by lifestyle — specifically, by movement, nutrition, stress management, sleep, and early detection.

Dr. Peter Attia, physician and author of *Outlive: The Science and Art of Longevity*, argues that what he calls “the four horsemen” of chronic disease — cardiovascular disease, cancer, metabolic dysfunction, and neurodegenerative disease — share a common upstream cause: years of lifestyle patterns that go unaddressed. His work emphasizes that the decisions men make in their 30s, 40s, and 50s are the ones that determine quality of life in their 70s and beyond.



*“The best time to start training for the last decade of your life is now — not when you are already sick.”*

— Dr. Peter Attia, *Outlive*

## What the Research Shows

A landmark study from the Harvard T.H. Chan School of Public Health, tracking over 116,000 adults for decades, found that men who engaged in regular moderate exercise had a 31% lower risk of premature death compared to sedentary men — regardless of age. The sweet spot was not



marathon training. It was consistent, moderate movement: walking, cycling, swimming, and strength training two to three times per week.

Dr. Vonda Wright, orthopedic surgeon and longevity researcher, has studied how muscle mass in men begins declining as early as age 35 if not actively maintained. Her research emphasizes that strength training is not vanity — it is the foundation of metabolic health, joint stability, and cognitive function.

*“Men who maintain muscle mass through midlife are dramatically less likely to develop type 2 diabetes, cardiovascular disease, and cognitive decline.”*

— Dr. Vonda Wright, research summarized in *Fitness After 40*

For working men, sustainable health means building conditions that let the body recover and perform — not just survive. That includes consistent sleep (7–9 hours), protein-rich meals that support muscle repair, stress practices that regulate the nervous system, and the willingness to schedule a doctor’s appointment before something goes wrong.

Men’s health is not separate from men’s performance. When men protect their energy, they protect everything that depends on it.



## TIPS & RESOURCES:

**Body Balance:** This Men's Health Month, focus on small habits that actually fit your real life — not a complete overhaul:

- **Move daily:** A walk, a stretch, or 10 minutes of bodyweight movement. Consistency beats intensity every time.
- **Fuel smarter:** Prioritize protein at every meal, cut the skipped lunches, and stay hydrated — yes, water counts as a health strategy.
- **Schedule the appointment:** Annual physical, blood work, and whatever you've been putting off. Put it on the calendar now.
- **Check in with yourself:** 5 minutes of honest reflection — journaling, breathing, or quiet time — is a mental health practice.
- **Ask for help:** Whether it's your doctor, a trusted friend, or an EAP resource — reaching out is a strength move.

Need a starting point?

- Men's Health Network — [menshealthnetwork.org](https://www.menshealthnetwork.org)
- American Heart Association — [heart.org](https://www.heart.org)
- Movember Foundation — [us.movember.com](https://www.us.movember.com)

Because taking care of yourself isn't a luxury — it's leadership.



## EMPLOYEE PERKS – TICKETSATWORK:

**Father's Day is June 21st — and Tickets at Work has you covered.**

Show Dad some love without the stress. Whether he's into sports, entertainment, dining, or travel experiences, find the perfect gift through your Tickets at Work employee benefit. Enjoy exclusive discounts on:

- Event tickets (sports, concerts, shows)
- Restaurant gift cards and dining experiences
- Travel deals and hotel stays
- Theme park admissions and family activities

Log in at [TicketsatWork.com](https://TicketsatWork.com) with your company access code to browse deals. Because the best dads deserve more than a last-minute card.

## EVENT ANNOUNCEMENTS



### All Locations & Remote

#### Gainesville

- Eagle Ranch 5k - 6/20 | 500 points for showing up

#### Southfield

- Detroit Heart Walk - 6/6 | 500 points

#### All locations

- GoPivot Mini Challenge — Body Check 6/8 – 6/13
- Like Father Like Me Challenge 6/15 – 6/19
- Men's Health Snack and Learn Day 6/18
- Men's Health Week 6/15 – 6/19
- 5/3 Bank Financial Wellness Workshop (virtual) 6/25

## TEAM COACHING GROUPS



### Pillar #1 Body Balance

#### Strong & Sustained Workshop

This June HBC virtual workshop breaks down the science of men's health — from cardiovascular risk and testosterone, to sleep, stress, and how to build routines that actually last. Walk away with a personal body balance audit and one action you can start this week.

**Join FRI Jun 19 - 1:15 PM Session**



## WELLNESS CHALLENGES

**Mini-Challenge:** Body Check — 5 Days to Realign

**Duration:** Jun 8–13

**Points Available:** 250 points per day | 1,250 total

Take 2–5 minutes each day to reflect on your core values and how they're showing up — or being squeezed out — in daily life. No pressure. No judgment. Just honest awareness.

### Daily Prompts

#### Day 1 — Move (Physical Activity)

What does your body need most right now — rest, movement, or both? Do one intentional physical activity today, however small.

#### Day 2 — Check (Preventive Health)

Is there a screening, checkup, or health appointment you've been putting off? Identify one preventive action to take this month.

#### Day 3 — Fuel (Nutrition & Energy)

What is one thing you ate or drank today that supported your energy? What is one swap you could make this week?

#### Day 4 — Reset (Stress & Mental Health)

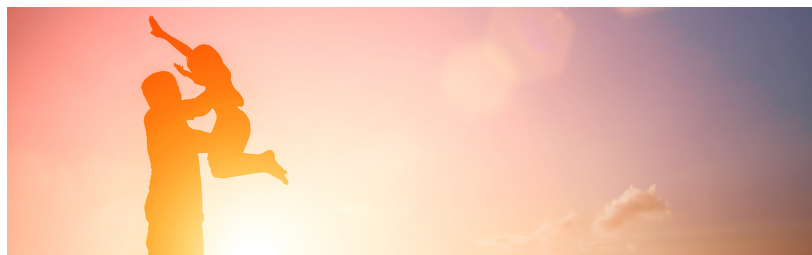
Men carry a lot quietly. What is one way you relieved or expressed stress today — and what support do you have around you?

#### Day 5 — Commit (Sustainable Habit)

What is one body balance habit — movement, nutrition, sleep, or preventive care — you will carry into July?

*Strong men ask for help too.*

## SHARE YOUR WINS!



We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. submit it [Here](#) or Email us at [wellness@procarerx.com](mailto:wellness@procarerx.com) to have your story featured in our next newsletter.



## A FEW NOTES TO REMEMBER

Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.

You can find the PDF version of the Newsletter for printing at [hbc.procarerx.com](http://hbc.procarerx.com) under resources or [Here](#)

## HAPPY BIRTHDAY

We couldn't be more excited to celebrate our June birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!

# BODY BALANCE

## WORDSEARCH

S	T	R	E	N	G	T	H	F	O	C	U	S	R	Q
W	E	R	T	Y	U	I	M	O	V	E	M	E	N	T
B	A	L	A	N	C	E	D	F	G	H	J	K	O	A
S	T	R	E	S	S	Z	C	A	R	D	I	O	V	X
L	R	E	S	T	Z	S	L	E	E	P	V	U	W	C
M	E	N	T	A	L	N	E	S	S	X	C	M	T	Y
H	E	A	L	T	H	B	H	A	B	I	T	N	M	E
R	O	U	T	I	N	E	S	C	W	R	H	W	N	R
Q	W	E	R	T	Y	U	I	H	Y	D	R	A	T	E
P	R	E	V	E	N	T	I	O	N	S	A	T	D	I
G	F	U	E	L	J	K	C	I	L	L	E	O	O	N
Z	X	C	V	B	N	M	L	K	F	P	T	R	K	G
J	R	E	C	O	V	E	R	Y	G	H	R	T	Y	S
G	J	S	C	R	E	E	N	I	N	G	P	Q	W	B
E	N	E	R	G	Y	F	U	L	N	S	T	U	O	P

STRENGTH • MOVEMENT • CARDIO • BALANCE • SLEEP • FUEL  
HYDRATION • STRESS • RECOVERY • SCREENING •  
TESTOSTERONE • MENTAL • FOCUS • ENERGY • PREVENTION  
• ROUTINE

# The Power Bowl

*Built for strength, fueled by purpose — this bowl is packed with protein and healthy fats to support testosterone, muscle recovery, and sustained energy all day long. No crash. No excuses.*

## **Ingredients: ( Serves 4)**

- 2 cups arugula or baby spinach
- 1 cup cooked brown rice or farro
- 6 oz grilled chicken breast or flank steak (sliced)
- 1 medium sweet potato, roasted and cubed
- 2 eggs (soft-boiled or fried)
- 1 avocado, sliced
- 1/4 cup chickpeas (roasted, for crunch)
- 1/4 cup cherry tomatoes
- 1 tbsp olive oil
- 1 tbsp lemon juice or apple cider vinegar
- Salt, pepper, garlic powder, smoked paprika

## **Why It's a Power Plate**

**Chicken/Steak + Eggs:** High-quality protein to support muscle repair and testosterone production

**Sweet Potato:** Complex carbs for sustained energy — no afternoon crash

**Avocado + Olive Oil:** Healthy fats for cardiovascular health and hormonal support

**Greens + Chickpeas:** Fiber for gut health + anti-inflammatory support

**Bottom line:** This is a meal that works as hard as you do.



## **Instructions:**

### **1. Grill the protein:**

Season chicken or steak with olive oil, salt, pepper, garlic powder, and smoked paprika. Grill on medium-high 5–6 minutes per side (chicken) or 3–4 minutes per side for medium steak. Rest 5 minutes before slicing.

### **2. Roast the sweet potato:**

Toss cubed sweet potato with olive oil, salt, and smoked paprika. Roast at 400°F for 20–25 minutes until golden.

### **3. Cook the eggs:**

Soft-boil for 6–7 minutes or fry to your liking. Your call.

### **4. Build your bowl:**

Layer greens + rice/farro, add sweet potato, sliced protein, avocado, eggs, tomatoes, and roasted chickpeas.

### **5. Finish strong:**

Drizzle with olive oil and lemon juice. Add a pinch of smoked paprika on top.



*Thank you for reading!*