

# MEN'S HEALTH MONTH

# BINGO



VANDERBILT UNIVERSITY

Center for Research on Men's Health

Walk for at least 30 minutes 5 days this week <b>1</b>	Enjoy Seasonal Produce <b>2</b>	Power Down Electronics One Hour Before Bedtime <b>3</b>	Try Meditation <b>4</b>
Track your Workouts <b>5</b>	Practice Positive Thinking <b>6</b>	Read an Article about Cancer Risk <b>7</b>	Check your Blood Pressure <b>8</b>
Create a Schedule for Medications <b>9</b>	Read about Go, Slow, Whoa Foods <b>10</b>	Try Yoga or Stretching <b>11</b>	Call or Write a Friend <b>12</b>
Make a Meal with All the Colors of the Rainbow <b>13</b>	Participate in Show Us Your Blue Campaign <b>14</b>	Add Flossing to your Daily Routine <b>15</b>	Eat a Vegetable with Every Meal <b>16</b>
Learn about Prostate Health <b>17</b>	Get Involved in Research! <b>18</b>	Find a New Social Group <b>19</b>	Schedule your Annual Physical <b>20</b>



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## **What is Men's Health Month Bingo?**

June is Men's Health Month! Join the Center for Research on Men's Health at Vanderbilt University in raising awareness around men's health by participating in our Men's Health Month 2020 Bingo. We will be posting one square every weekday during the month of June on our Facebook, Twitter and Instagram accounts to encourage men to educate themselves on topics like health eating, physical activity, sleep, chronic illness management, and cancer risks.

## **How to Participate?**

We encourage men, their families, and friends to post on our social media account with the #MHM2020Bingo to let us know how they are accomplishing the bingo tasks. You can print this bingo sheet and complete the tasks in whatever order works for you; however, we will be posting each square in numerical order.

## **What if I don't have a social media account?**

No problem! Below are resources that correspond with the numbers on each bingo square to help you accomplish each task. These are the same resources that will be posted on our social media accounts.

1. Walking is the most underrated form of exercise.

- <https://www.health.harvard.edu/staying-healthy/walking-your-steps-to-health>

2. Seasonal food is fresher, tastier and more nutritious than food consumed out of season.

- <https://snaped.fns.usda.gov/seasonal-produce-guide>
- <https://www.seasonalfoodguide.org/why-eat-seasonally>

3. Focus getting a better night's sleep! Experts recommend powering down your devices at least one hour before bedtime to reduce exposure to blue-light and to get away from highly interactive or stressful activities like responding to emails or playing video games.

- <https://www.sleep.org/articles/ways-technology-affects-sleep/>

4. Give meditation a try! Learn more about the benefits of meditation and resources to get you started: [mindful.org](http://mindful.org)

- <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
- <https://www.linkedin.com/pulse/why-real-men-meditate-busting-5-meditation-myths-jeremy-howick/>

5. Tracking your workouts can be motivating and make reaching and surpassing your goals more likely. Tracking is also a great way to hold yourself accountable. It may work even better in the same notebook as a food journal.

- <https://www.menshealth.com/fitness/a26132569/fitness-journal/>

6. Positive thinking helps us to be happier and healthier. Focus on the good things, find humor in bad situations, turn failures into lessons. Positive thinking can take practice, but with time and effort it can become natural. Check out these resources for some practical tips for your journey toward positivity.

- <https://www.success.com/7-practical-tips-to-achieve-a-positive-mindset/>
- <https://www.psychologytoday.com/us/blog/click-here-happiness/201803/think-positive-11-ways-boost-positive-thinking>

7. Staying up-to-date about cancer risk factors is important. Spend some time to check out the latest:

- <https://www.cancer.org/cancer/cancer-causes.html>

8. High blood pressure is a "silent killer", check your numbers regularly.

- <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20047889>

9. Making sure you take prescribed medication as directed is key to establishing a healthy lifestyle. Check out these tips to organize your medications here:

- <https://medlineplus.gov/ency/patientinstructions/000600.htm>

10. Try thinking about foods in terms of "Go, Slow, or Whoa!" Learn how here

- <https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/Go,-Slow,-and-Whoa!-A-Quick-Guide-to-Healthy-Eatin>
- <https://www.cbsnews.com/news/go-slow-and-whoa-foods/>

11. Branch out of your comfort zone, try a free yoga online yoga class at home. Yoga can improve back function, lower heart rate and blood pressure, help relieve anxiety, depression and insomnia and improve overall physical fitness, strength and flexibility.

- <https://www.doyogawithme.com/>

12. In this era of technology, social contact is more important than ever. If visiting a friend in-person isn't possible, call or mail them a card to let them know you're thinking of them.

- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

13. Making a meal with all the colors of the rainbow is a fundamental healthy eating tip. Eating a diversity of colorful foods can be an easy way to get a complete range of the vitamins and minerals your body needs to thrive.

- <https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

14. It's #ShowUsYourBlue Day! Let us know how you are spreading awareness about men's health.

- <https://www.menshealthnetwork.org/wearblue/>

15. You probably know flossing is an important part of your dental health, but it can be hard to incorporate it into your routine. Try these tips

- <https://www.nytimes.com/2019/09/11/smarter-living/wirecutter/if-you-hate-floss-its-ok-to-try-these-alternatives.html>
- <https://www.verywellhealth.com/simple-steps-to-increase-your-life-expectancy-2223907>

16. Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke, may protect against certain types of cancer, and provide nutrients vital for health and maintenance of your body.

- <https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health>

17. Having a father, brother or son who has had #prostatecancer puts you at increased risk. Take charge of your health! Learn more

- [https://www.cdc.gov/cancer/prostate/basic\\_info/what-is-prostate-cancer.htm](https://www.cdc.gov/cancer/prostate/basic_info/what-is-prostate-cancer.htm)

18. Researchers need your help! Health research changes people's lives every day, but many studies end early because there are not enough volunteers. Go to the @CRMHVanderbilt website to find out about our current men's health studies or check out @ResearchMatch to volunteer today.

- <https://www.vanderbilt.edu/crmh/studypart.php>

19. Social connectedness is crucial to physical and mental health. Finding new social groups gets more difficult as men get older, try these tips:

- <https://time.com/5456025/make-friends-middle-age-men-masculinity/>
- <https://theconversation.com/are-you-part-of-a-social-group-making-sure-you-are-will-improve-your-health-81996>
- <https://www.meetup.com>

20. When was the last time you had a physical? If it has been more than a year, it is time to get a check-up. Use these resources to prepare for your next doctor's visit.

- <https://www.consumerreports.org/men-s-health/mens-health-checklist-for-every-age/>
- <https://www.gethealthystayhealthy.com/tools/mens-health-checklist>