



## Riverfront Collision Center Men's Health Special

Hi I'm Denny Gardner; this newsletter is a little different and addresses Men's Health. I turned 50 in November and I realized that I am now on the Back 9. When I came into my late forties, I started taking more responsibilities for my health. I worked out with weights for the past 25 years, but what I am talking about now is what we need to do today to live a healthier and longer life, a healthy diet and cardio vascular exercise. Studies have shown that the most important thing to overall health to living a longer and healthier life is paying attention to your, "Body Fat Index".

Me like a lot of men, do not like going to the doctor but we have to realize, it is not just about us, it is about our families and the people that love us. So let's step up and take responsibility, get regular checkups, exercise and go on a healthy diet for the ones who love us.

### Current Health Facts About Men

The following data was derived from Will Courtenay's research. These data are included in his articles that appear in books and professional journals.

#### Compared to women, men...

■	have higher death rates for all 15 leading causes of death (except alzheimer's disease) and die more than five years younger.
■	represent 50% of the work force, yet account for 94% of all on-the-job fatalities.
■	know less about health and take less responsibility for it.

■ are less likely to see themselves as ill or susceptible to disease or injury when they are more susceptible.

**For this reason, I wanted to do this news letter on Men's Health. I hope that you find the information useful and will consider scheduling an appointment with your doctor for an annual check up.**

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**Sincerely,  
Denny Gardner  
Riverfront Collision Center**

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*Men's Health*

# **Men's Health**

## **10 Simple Ways to Improve your Health**

You know that health care costs are going to keep going up. As nice as it would be if health insurance companies, hospitals and doctors could all get on the same page and figure out some incentives for healthy living, and as nice as it would be to end up with health care reform that is effective, we're probably just going to see increased costs. This means that it's up to you to reduce your health insurance costs and other health care costs. One of the best ways to do this is to live a healthier lifestyle.

which can get quite costly.

If you are looking to improve your health, you can take a few small steps to change your lifestyle so that you are developing habits that can keep you on the right track. Here are 10 simple ways you can work toward improving your health:

1. **Get an hour more of sleep per day:** Good sleep helps your body function better. If you aren't getting 7-9 hours of sleep, try to add an hour of sleep to your routine. Depending on your age, you will need to decide on quantity versus quality when it comes to sleep.

2. **Set out some easy-to-eat fruit:** I struggle because I have a sweet tooth. One thing that has helped me cut back on candy is to have grapes, dried mangoes, prunes, clementines (fast and easy to peel) and other sweet fruits readily available. That way, when I wander into the kitchen looking for an easy snack, the fruit is right there. And it's sweet enough to satisfy my craving - most of the time.

3. **Replace one drink per day with water:** Instead of that sweetened "sports" drink, or that soda, drink water. Replace one can/Big Gulp/20 oz. bottle each day with water. If you must have flavor in your water, there are low calorie options that lightly flavor your water for you. Even drinking a glass of low fat milk is better for you than a 20 oz. soda. At the very least, downgrade the size of the sweetened drinks you are guzzling.

4. **Daily relaxation:** If you take 15-20 minutes each day to relax, via yoga, meditation, some journal writing, or non-demanding reading, you can improve your health by reducing stress. It can even help you lose weight more efficiently when combined with other healthy behaviors!

5. **Slow down at mealtime:** Give your body time to register that it is consuming food and getting full. This way, you will consume fewer calories, and possibly enjoy your food more. Not to mention you can enjoy extra time with your family.

6. **Replace one meat entree a week with a vegetarian alternative:** You can boost your health by eating less red meat. Pick one entree a week, and replace it with a tasty vegetarian entree. Not only will you boost your health, but you will be living greener. At the very least, replace one beef, chicken or pork entree with a fish entree.

7. **Walk a little more:** You've heard the advice about parking your care further from the store. This is actually good advice! You can walk

a little more throughout the day. Take five minute mini-walks two or three times a day when you go on break. Adding more vigorous exercise to your schedule is even better.

8. **Replace white bread with brown:** White bread, rice and pasta are less healthy than brown varieties. You'll be surprised at how flavorful whole grain bread can be, and amazed at the different varieties (and colors) of rice available. You can ease into whole grain pasta by getting the mixed pastas that combine white and wheat.

9. **Add variety to your salad:** Replace boring iceberg lettuce with flavorful spinach (which is much better raw than cooked, IMO), red lettuce and other leafy vegetables found in "spring mix" bags. These colored leaves are higher in nutrients, and they can add a little more variety to your meals. Bonus points if you grow your own!

10. **Pay attention to portions:** Try reducing your portion sizes of meat and breads, and watch portion size: a six ounce sirloin is actually two serving sizes of beef. Add an extra vegetable side to your meal to make up for the smaller entree portion.

Of course, if you have habits like smoking or excessive alcohol consumption, you will want to go for moderation or even completely kick the smoking habit. That will have the largest positive impact of anything that you try on your health.

## *What Happens To your Body If You Stop Smoking Right Now!*



One of the main reasons it's so hard to quit smoking is because all the benefits of quitting and all the dangers of continuing seem very far away. Well, here's a little timeline about some of the more immediate effects of quitting smoking and how that will affect your body RIGHT NOW.

- **In 20 minutes** your blood pressure will drop back down to normal.
  - **In 8 hours** the carbon monoxide (a toxic gas) levels
-

in your blood stream will drop by half, and oxygen levels will return to normal.

- **In 48 hours** your chance of having a heart attack will have decreased. All nicotine will have left your body. Your sense of taste and smell will return to a normal level.
- **In 72 hours** your bronchial tubes will relax, and your energy levels will increase.
- **In 2 weeks** your circulation will increase, and it will continue to improve for the next 10 weeks.
- **In three to nine months** coughs, wheezing and breathing problems will dissipate as your lung capacity improves by 10%.
- **In 1 year** your risk of having a heart attack will have dropped by half.
- **In 5 years** your risk of having a stroke returns to that of a non-smoker.
- **In 10 years** your risk of lung cancer will have returned to that of a non-smoker.
- **In 15 years** your risk of a heart attack will have returned to that of a non-smoker.

So, you have more immediate things to look forward to if you quit now besides just freaking out about not being able to smoke. Quit now!

## Check Ups You Need



Men visit their doctors 30 percent less often than women. So beyond specific maladies that may prompt visits, guys should arrive at each doctor's appointment knowing which tests to request.

**Blood pressure.** High readings can be a predictor of heart conditions and may indicate that you need to make preventative diet and exercise changes.

**Skin cancer screenings.** Men are less likely to wear sunscreen and often miss the signs of sun damage. Have a physician or dermatologist check for unusual moles or lesions.

**Diabetes and cholesterol levels.** Two simple blood tests can reveal your cholesterol levels and whether you've developed diabetes, an often-undetected problem in men.

be affecting you, and ask for a prostate exam and a colon checkup.

## *History of The Masters*



**The Masters Golf Tournament**, more commonly known as The Masters, is one of four major championships in professional golf. The tournament was started by Augusta National Golf Course designers Clifford Roberts and Bobby Jones, who worked with architect Alister MacKenzie to design one of the most challenging courses in the nation. Bobby Jones initially had the idea to design the course, as he wanted to build a golf course after he retired. The Augusta National Golf Course was officially opened in 1933.

**The first-ever Augusta National Masters** Invitation Tournament was played in 1934. The tournament was won by Horton Smith, and the format of the first tournament was arranged so that golfers played holes 10-18 as the first nine, and 1-9 as the second nine. The very next year, the format was reversed, and has remained that way to present day.

**In the 1935 tournament**, Gene Sarazen hit a double eagle by sinking a shot from the fairway on the par 5 15<sup>th</sup> hole. Sarazen would go on to win the tournament in a 36-hole playoff with Craig Wood. Four years later in 1939, the Augusta National Invitation Tournament would switch names to become what we now know as The Masters. The Masters was not played from 1943-45 due to WWII. Instead, the Augusta National grounds were used to raise cattle and turkeys to help the war effort.

**In the 1960's and 1970's**, Arnold Palmer, Gary Player and Jack Nicklaus dominated the tournament. These three key players won the event 11 times during that span of 20 years. In 1975, Lee Elder became the first black player to qualify for the Masters. He would play in the tournament fifteen years before the first black player was admitted as a member to Augusta National.

**Between the years of 1980 and 2000**, non-American golfers took eleven victories in those twenty years. This was the longest streak for non-American golfers in any major U.S. tournament since the early U.S.

Open years. In 1986, Jack Nicklaus became the oldest player to win the Masters, winning for a sixth time at the age of 46. In 1997, Tiger Woods won the Masters by twelve shots at the age of 21, breaking the long-standing scoring record and also breaking the record for youngest player to win the Masters.

**The Augusta National Golf Course** has been adjusted several times over the years. In 1998, the course measured 6925 yards from tee to pin on all holes. The course was adjusted to 7270 yards for 2002 and to 7445 yards in 2006. These adjustments have brought several criticisms, but most competitive players have defended the course as freshly challenging.

**Tickets for the Masters tournament** are not super-expensive - rather, they are hard to get. Even the practice rounds are difficult to get into, as applications for practice round tickets must be made almost a year in advance just to get your name in a random drawing pool. Tickets to the tournament are only sold to members of a patrons list, which is closed. A waiting list for patrons has opened and closed periodically since 1972. As of 2008, The Masters has allowed patrons to accompany a child between the ages of 8-16 to the tournament for free.



**Monday, April 5 - Tuesday, April 6**

Practice Round

**Wednesday, April 7**

Practice Round

Par 3 Contest

**Thursday, April 8**

Competitive Round

**Friday, April 9**

Competitive Round

**Saturday, April 10**

Competitive Round

**Sunday, April 11**

Final Competitive Round



*Healthy Spring Recipe*



