



# What You Do Matters

For Healthy Living in Eastern Maine Communities  
www.WhatYouDoMatters.org

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## June is “Men’s Health Month”

### Get Your Checkup!

Men's health is a family issue because it impacts wives, mothers, sisters, daughters, and friends. Get a check up for the ones you love.



- Checkups and regular screenings are an important part in maintaining overall health.
- Screenings such as colonoscopies and Prostate Specific Antigen blood tests can detect disease early and increase your chance of survival.
- Check with your healthcare provider to determine which screenings are appropriate for your age.

For a more detailed screening guide for men and women please visit: <http://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf>

### Y Fit Tip

Keep an extra pair of work out clothes and/or a pair of sneakers in your car. You might get a chance to squeeze in a work out on the run. Go for a walk on your lunch break or stop by a nearby walking trail on your way home.



For a list of walking/hiking trails in your area visit: [www.healthymainewalks.org](http://www.healthymainewalks.org)

## Sun Safety

Sunlight is our main source of Vitamin D, which helps us absorb calcium for strong, healthy bones. Too much unprotected sun exposure can cause skin damage, eye damage, immune system suppression, and even cancer. Most children rack up between 50% and 80% of their lifetime sun before the age of 18!



### Tips for Safe Fun in the Sun:

1. Play it safe and keep babies under six months old out of the sun. It's not yet clear whether it is safe to use sunscreen on children under six months old.
2. Find shady places where your children can play.
3. Dress children in broad- brimmed hats and shirts for outdoor time and make sure they wear sunglasses with 100% UV protection.
4. Keep all children out of the direct sun between 10 am and 4 pm.
5. Use a broad- spectrum sunscreen rated at least SPF 15 every day, and start using it on children at age 6 months.
6. Double check medications. Some medications increase the skin's sensitivity to UV rays which can result in a child burning.

For more information visit: <http://www.sunsafetyalliance.org/>



# It's Barbecue Time!



## BBQ Safely:

- **Designate the grill area a “No Play Zone”.** Keep children and pets away until grill equipment is completely cooled .f
- **Position your grill at least 10 feet away from any objects,** including your house, shrubs and bushes.
- **Always stand by the grill when cooking.**
- **Use only starter fluid** made for barbeque grills.
- **Check the connection between the propane tank and the fuel line** before using a gas grill to be sure it is working properly and not leaking.
- **Never use a match to check for leaks.** If you detect a leak, immediately turn off the gas and don't attempt to light the grill again until the leak is fixed.
- **Never bring a barbeque grill indoors, or into any unventilated space.** This is both a fire and carbon monoxide poisoning hazard.



## Grill Master's Guide to Safe Food Handling:

A true “grill master” always knows to clean, separate, cook, and chill to ensure a pleasant cookout for all.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Always marinate foods in the refrigerator, not on the counter or outdoors.
- Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying it to cooked foods.
- If you partially cook food in the microwave, oven or stove to reduce grilling time, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, cook it to a safe internal temperature. Use a thermometer to make sure it's at the appropriate temperature.

Visit <http://www.fightbac.org/content/view/90/> for a list of proper temperatures for foods cooked on the grill

For more information visit <http://www.homesafetycouncil.org/index.aspx> and <http://www.fightbac.org/>

## Easy Grilled Chicken and Veggies

### Ingredients:

- 4 skinless, boneless chicken breast halves
- 1 cup salad dressing (Italian, balsamic vinaigrette, etc.)
- 1 green bell pepper
- 1 red bell pepper
- 1 zucchini

### Directions:

1. Place chicken breasts in large sealable bag. Add ¾ cup salad dressing and close. Marinate for 5 to 10 minutes.
2. Cut peppers into large chunks, and zucchini into big slices. Put into a separate sealable bag. Coat with remaining dressing.
3. Grill chicken and veggies over medium heat for 20-30 minutes (time varies depending on size of breast), or until the chicken reaches an internal temperature of 165°F.

