

HealthyBy Choice

...One Day at a Time

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June is Men's Health Month



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Eat Healthy.

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Get Moving.

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Make Prevention a Priority.

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." — Congressman Bill Richardson (May 1994)



Move "Health" to the Top of Your List!



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National Safety Month

Staying safe at work is very important. If you don't work in a safe way, you can get hurt or become sick. The good news is that there are things you can do – both at work and at home – to lower your chances of getting hurt.

Take these steps to prevent injuries at work:

- Lift things safely.
- Arrange your equipment to fit your body.
- Take short breaks and stretch.
- Wear protective equipment.
- Ask about health resources at work.

Your overall health can also affect how you feel and perform at work. To be able to work safely, it's important for you to:

Get enough sleep. Getting a good night's sleep every night is important for performing well at work. When you are well rested, you are more likely to make good decisions and avoid getting hurt. To sleep better:

- Don't eat a big meal close to bedtime.
- Stay away from drinks with caffeine (like coffee, soda, and energy drinks) several hours before you go to sleep.
- Get regular physical activity, but don't exercise right before you go to bed.
- Make sure your bedroom is dark and quiet.

Eat a healthy diet. Your body needs the right vitamins, minerals, and other nutrients to stay healthy.

Stay active. To get the health benefits of physical activity, do a combination of aerobic and muscle-strengthening activities.

Watch your weight. To stay at a healthy weight, balance the calories you eat with the calories you use.

Take steps to manage stress. Chronic (ongoing) stress at work or at home can increase your risk of getting sick or hurt. You can reduce stress by planning ahead, noticing when you feel stressed, and taking time to relax.

Taking steps to stay safe and healthy at work can help you get more done at work and feel better overall.

- When you lift something heavy:
 - ◊ Bend at your knees, not at your waist.
 - ◊ Keep your back straight.
 - ◊ Test the object first. If it's too heavy, get help.
- Sit or stand up straight while you work. If you sit, adjust the chair or desk to your height.
- Take breaks often when you are doing repetitive tasks.
- "Warm up" and stretch before you start working.
- Even a 5-minute break can help increase your concentration and reduce stress. Take short breaks often and stretch or go for a walk.



For Safety...Health Matters.



Call 800-662-0586 for great monthly specials!

ProCare PharmacyCare Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
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	530063	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530211	Calcium 600 + D	21ST Century	400	TB	\$8.29
	530057	Calcium Citrate + D	Citrical	120	TB	\$6.99
	530028	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	715474	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	774428	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	ProSight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



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