

# THE SILENT JOURNEY NEWSLETTER ©

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## Eat Smart

How many of you are tired of the statistics? We know the dos and don'ts of being a man. The fact that everything we like is bad for us seems a little suspicious. Let's look at our favorite beverage, beer.

For generations, beer was the go-to drink for a man who has been in the field all day. What? Oh no, not the sales field. They were on the back forty since sunup, plowing.

This means if you want to come home and have a few beers. You should do some type of aerobic exercise for at least 30 minutes a day, three times a week.

For those men who must have their steak. First, you should know what meat does to your body. According to the BetterHealth Channel, meat and poultry contain protein, which is important for growth and development. Avoid processed meats to minimize your intake of salt and saturated fats. So eat that steak, don't eat too much.

## "Happy National Men's Health Month!"

Hooray! It's time to celebrate National Men's Health Month. This is the month observed nationally to raise awareness of men's health. The goal is to encourage men, boys, and their families to practice and implement exercising and eating healthy. The conversation should be about taking care of their entire body. That means they should be eating right, exercising, and working to prevent disease.

According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer, and unintentional injuries. During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.

Following are some tips from the Office of Minority Health: Five plays for men to stay at the top of their game!

1. We will protect this heart:  
Heart disease is the number one killer of men. Healthier food choices build a healthy heart – make fruits and vegetable half of your plate.
2. Bro, you don't even have to lift;  
Getting just 30 minutes of exercise each day can help you live healthier and longer.
3. Preventable maintenance:  
Getting regular check-ups can catch small problems before they become big problems.
4. Quitting time:  
Smoking causes cancer, heart disease, stroke, and...a greater risk of erectile dysfunction.
5. Hey man, you good?  
Life can get tough, and thinking things through with a mental health professional can help.  
[minorityhealth.hhs.gov](https://www.minorityhealth.hhs.gov)

These are just a few options men have to keep their healthy living in check every day. Still, we all have heard about the health disparities in the U.S. Despite our nation's vast advances in science, public health, and health care, the health status of racial and ethnic minority men continues to lag behind the general population. For more information on men's health, visit <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>.

## The seven benefits of regular physical activity.

We want to feel better, be more energized and of course, add years to our lives.

Also, we all know the answer to the riddle; get more exercise!

Still not convinced, or do you need more coaxing? Well, you'll get a few reasons in this short article.

Here are a few things you can do to get started. One, exercise helps you control weight. When we exercise we can burn calories and it prevents excess weight gain.

Exercise fights health conditions and diseases. It also boosts high-density lipoprotein (HDL) cholesterol, the good cholesterol. It decreases unhealthy triglycerides.

Regular exercise helps prevent or manage many health problems.

Info: Mayo Clinic Staff

I know that I have spoken quite a bit about my health and other personal issues in my life over the past few years. There's one aspect of my life I haven't shared with our readers. That part of my life involves my middle school (junior high school) years. It was junior high for people my age and older.

It all started after I graduated from 6th grade. I couldn't understand why my mother was crying. She said, you must go to Fitzsimmons Jr. H. S. You see, my other five siblings went to Cook Jr. H.S. It was an integrated out of our district. When it was my turn to go, we were told I couldn't go out of the district. Hence my mother's crying.

As I stated earlier, I didn't know why she was crying. I found out real soon on the first day of classes. Like all former sixth graders, my best friend Norman and I got to school on time. Before we stepped into school, a big guy said to us..." when I get inside, I want some protection dues." Norman said, should we wait? I said hell no!

That day turned into three years of torment and headache for us and a lot of other kids. We laugh about what happened back then. But we all agree that we should have had mental health counseling after attending that school. We had to walk through seven different gang turfs. That alone was the definition of insanity; keep doing the same thing while expecting a different result.

There were days we would get robbed of our lunch money. The line, "all I find I have", became a punch line for us. We would answer yes because that kept the bad guys from checking our pockets. There's the time we were walking with one of our friend's grandmothers. We thought, for sure we are safe today. Nope! We all were stopped by a guy who had a huge (probably seven inches) pocketknife.

The highlight of those days was the day Norm said, "Flake, look out!" Hood Note: If someone says to look out, you don't take time to look, you run. So, I took off running and I felt something slide down my back. I turned as I kept running...that's when I saw a guy with a hatchet. That's right, hatchet. I still wonder how my life would have turned out if Norm hadn't spoken up. But that's called watching your friend's back in the hood. And it's something we do today when I visit home.

I shared this story because of what's happening with our children in schools around the country. I can't imagine what their nightmares are about. But I do know how it feels to be terrorized while you are trying to get an education. Please pray for the children!

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