



# NEWS RELEASE

## Defense Commissary Agency

Office of Communication

1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8248 DSN: 687-8248

[www.commissaries.com](http://www.commissaries.com)

---

**Release Number:** 54-10  
**Date:** May 27, 2010  
**Contact:** Karen Hawkins, DeCA dietitian  
**Tel.:** (804) 734-8000, Ext. 4-8404  
**E-mail:** [karen.hawkins@deca.mil](mailto:karen.hawkins@deca.mil)

## ‘Men on the move,’ starting in Men’s Health Month

*By Chris Halagarda,  
Navy fitness and performance enhancement dietitian*

**FORT LEE, Va.** – Happy Father’s Day, dads! Remember, June is Men’s Health Month and June 14-20 is Men’s Health Week. The purpose of having these events during this month and week is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Here are a few facts that just begin to “scrape the surface” of diseases that men need to be cautious about:

- 29 million men have high blood pressure (hypertension)
- 50 million men have high cholesterol
- 8 million men have diabetes

If you’re one of the millions of men who simply say they’re going to do something about their health this year, make this year different. Changes don’t have to be big to make a difference. My recommendation is to follow the “KISS” (keep it simple sir) principle because small changes to your lifestyle will result in huge changes in your life.

First, go to your physician for a physical. Many men avoid the doctor because they’re afraid of what they might hear, but go and get your health results. Then, use them as a starting point for your changes to come. If you’re fortunate enough to be given a clean bill of health, use those numbers as your baseline and don’t let them change!

Working out on a regular basis, be it at the gym, in your home or wherever you work up a sweat, has proven to be a direct link to restoring youth and vigor. Whatever you choose to do for exercise, do it several times a week and take it slow to start.

According to the National Weight Control Registry, walking was the No. 1 exercise used to lose weight — and these people know weight loss. All 5,000 registrants of the NWCR have lost more than 30 pounds and kept it off for more than a year. So, your change can be as simple as going for a 30 to 60 minute walk just five days a week.

Next, increase the nutrient density of your diet. Most Americans eat far too much saturated fat and sodium and don't get enough nutrients. Go to the commissary and choose fish, nuts, seeds and beans, along with lean meat, low-fat milk and cheese for protein. Load the cart with all the fruits and vegetables you want, and always choose 100 percent whole grains when buying bread, cereal, rice and other grains. For fat, choose nut butters such as natural peanut, almond, pistachio and soy butter. They're delicious, filling and rich in healthy fats.

This year, don't let Men's Health Week go by without making a change. If you have another change that is not listed above, try making that change this year. Maybe you need to get to sleep 30 minutes earlier, block off 15 minutes a day for meditation or deep breathing, find a healthy recipe to substitute for an unhealthy meal that you typically eat, or reduce your alcohol or cigarette consumption each day. Whatever change you choose, just remember that small changes lead to big results.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

**-DeCA-**

*-- Chris Halagarda is the Navy fitness and performance enhancement dietitian. Feel free to contact him with your questions at (202) 433-3472 or [Chris.Halagarda@Navy.Mil](mailto:Chris.Halagarda@Navy.Mil).*

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent*

*surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*