June is Men’s Health Month

Health Facts:
Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths.
In 1920, women lived, on average, one year longer than men.
Now, on average, women live almost five years longer than men.

Silent Health Crisis:
On average, American men live sicker and die younger than American women.

Depression and Suicide:
Depression in men is undiagnosed contributing to the fact that men are four times as likely to commit suicide.
Among 15- to 19-year-olds, boys were 4 x as likely as girls to commit suicide.
Among 20- to 24-year-olds, males were 6 x as likely to commit suicide as females.
The suicide rate for persons age 65 and above: men...28.5 – women...3.9.

<table>
<thead>
<tr>
<th>Cause</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>228.6</td>
<td>143.0</td>
</tr>
<tr>
<td>Cancer</td>
<td>211.6</td>
<td>146.8</td>
</tr>
<tr>
<td>Injuries</td>
<td>51.1</td>
<td>24.6</td>
</tr>
<tr>
<td>Stroke</td>
<td>39.7</td>
<td>37.8</td>
</tr>
<tr>
<td>Suicide</td>
<td>19.2</td>
<td>4.9</td>
</tr>
</tbody>
</table>

Other Facts:
Women are 100% more likely than men to visit the doctor for annual exams and preventative services.
1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.
On May 31, 1994 President Bill Clinton signed the bill establishing National Men’s Health Week.

References:

Life Expectancy data is from CDC/NCHS, Health, United States, 2013
Men’s Health Month

♦ A huge issue with men’s health is that men are less likely than women to keep up with their yearly check ups at the doctor. Therefore, issues go undiagnosed, contributing to all those scary statistics on the front page.

♦ WHAT CAN I DO?

⇒ The first step is to make sure you are having a yearly physical. Your doctor will be able to assess your physical health, first thing. This is a good time to ask your doctor if you are healthy enough to exercise. He/she can help you determine where to start.

⇒ At your physical, your doctor should also be asking you some general health questions to determine if there are any underlying issues (physically or verbally abusive relationships, chemical dependence, depression, bi-polar disorder, etc). Maybe talking to someone is part of what you need. Your doctor should be able to direct you to a counselor that can help.

⇒ Get a flu shot. Everyone over 6 months old should be getting a flu shot each season. If you are unsure, talk to your doctor. There are several different types of shots, so inquire about which one is best for you. Eighty to ninety percent of deaths each year happen to those 65+. Don’t become a statistic!

⇒ Exercise! This is a relatively easy way to make a huge difference in your life. Start with walking and progress to running/biking or whatever makes you happy. A big part of continuing to exercise is finding something that you like to do. If you are unsure where to start, we have Certified Personal Trainers available to help. E-mail Rhonda at rbd37@law.georgetown.edu for more information.

⇒ Change your diet. Everything in moderation. Again, speak with your doctor about maybe seeing a registered dietician.

http://www.cdc.gov/flu/protect/keyfacts.htm

Meet Sarah!

Sarah has lived in DC since mid-2013, when she moved from Lancaster, PA to go to grad school, and she is originally from Seattle, where the weather is much nicer in the summer. Despite that, she enjoys living in DC with all of its cultural attractions, and she is still working on trying as many different types of food as the city offers.

Sarah has worked at the front desk of the Sport & Fitness Center since December, when she transferred from Washington Sports Club Glover Park after it temporarily closed for renovations.

Sarah enjoys reading (probably far too much), trying new recipes (not always successfully), and attending MLS games in Philadelphia (sorry, DC). She played Ultimate Frisbee in college and enjoys running, and one day she will get over her fear of deep water and do a second sprint triathlon.
Summer Faces of Fitness

Watch out for details on our new summer program!

Join us at the Scott K. Ginsburg Sport and Fitness Center for a work out a minimum of 3 days a week throughout the summer. (You can miss only two weeks due to vacation but we encourage you to stay active!)

You must sign into the “Summer Faces of Fitness” check in binder located at the fitness station desk on the 3rd floor each time you visit for a work out. This is how you get your credit, so don’t forget!

Runs from July 1-August 31st

In August, send us your photo and those who completed the activity challenge will have their photo displayed in the gym on the poster titled “Summer Faces of Fitness”

Member Highlight

Dori Bernstein

I’m Director of the Supreme Court Institute, where we help advocates prepare to argue their cases before the U.S. Supreme Court. In my free time, I like to knit, cook, read, and hang out with my dog, Roscoe. I get a lot of exercise to work off nervous energy, improve my mood, and sleep better. At the Fitness Center, I use the elliptical trainer on the third floor, where I get a healthy dose of daylight from the wall of windows and I can read without the distractions of phone or email interruptions. I’ve been a “gym rat” since I was a kid, and this is the nicest facility I’ve ever used - clean, uncrowded, great equipment, and friendly staff.

Pictured at left, is Dori giving Roscoe a bath. ;-)
Summer Hours of Operation

- Sunday: 9:00 AM — 6:00 PM
- Monday: 6:30 AM — 9:30 PM
- Tuesday: 6:30 AM — 9:30 PM
- Wednesday: 6:30 AM — 9:30 PM
- Thursday: 6:30 AM — 9:30 PM
- Friday: 6:30 AM — 8:00 PM
- Saturday: 9:00 AM — 6:00 PM

Please note that the entire building closes at the given time, including the locker rooms. Please plan your work out and locker room usage accordingly.

The pool closes 15 minutes before the rest of the facility.

Pool Usage

Get ready for the kids! Each summer, our Aquatics department does swim lessons for the Early Learning Center and Just Us Kids (child care for Dept. of Justice).

Beginning June 7th, Early Learning Center will be in the pool on Tuesdays and Thursdays from 10:00am-12:00pm.

Beginning June 20th, Just Us Kids will be in the pool on Mondays, Wednesdays & Fridays from 10:00am-1:00pm.

There will be two lanes dedicated to the children, and two lanes open for swimming laps during these times. We appreciate your cooperation with this, as we all know it is important to learn to swim and help instill confidence in the children!