

WELLNESS ARTICLE



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Men's Health Month, observed each June, raises awareness about the importance of preventive care and healthy lifestyle choices for men and boys. Regular checkups, recommended health screenings, balanced nutrition, physical activity, and attention to mental health all play vital roles in maintaining overall well-being.

Many health conditions can be managed more effectively when detected early. By encouraging open conversations about health and promoting proactive habits, Men's Health Month reminds us that taking care of ourselves is an important step toward living longer, healthier lives.

June is also Great Outdoors Month, a time to appreciate the beauty and benefits of nature. Whether it's hiking a local trail, camping with family, fishing at a nearby lake, or simply taking a walk in the park, spending time outdoors can improve both physical and mental well-being.

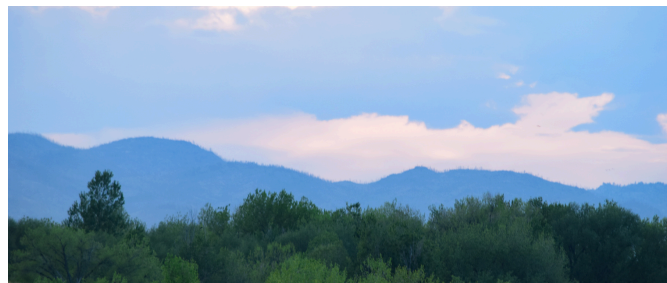
The outdoors offers endless opportunities for adventure, relaxation, and connection. Exploring natural spaces encourages exercise, reduces stress, and helps people of all ages develop a greater appreciation for the environment. This month, challenge yourself to step outside, try a new outdoor activity, and enjoy the many treasures nature has to offer.



Join Our June Health Talks!

Join us for our Health Talk on June 26 from 12–1 p.m. to learn more about National Migraine and Headache Awareness Month.

Visit [QPICSA.com](https://www.qpic.com) and click the Health Talk banners on the homepage to learn more and sign up!



Tips for Enjoying the Great Outdoors This Summer

Summer is the perfect time to explore the outdoors, but it's important to stay safe while having fun. Keep these tips in mind during your next adventure:

- **Stay hydrated.** Drink plenty of water throughout the day, especially during hot weather.
- **Wear sunscreen.** Apply a broad-spectrum sunscreen and reapply it as directed to protect your skin from harmful UV rays.
- **Dress appropriately.** Choose lightweight, breathable clothing and wear a hat and sunglasses for added sun protection.
- **Plan ahead.** Check the weather forecast, know your route, and let someone know where you'll be if you're heading into remote areas.

Healthy Recipe

Berry Spinach Salad with Grilled Chicken

This colorful salad is rich in protein, fiber, and heart-healthy nutrients—making it a delicious way to enjoy fresh June flavors.

Ingredients:

- 4 cups fresh spinach
- 1 cup strawberries, sliced
- ½ cup blueberries
- ¼ cup sliced almonds
- 2 grilled chicken breasts, sliced
- 2 tablespoons feta cheese (optional)
- 3 tablespoons balsamic vinaigrette



Directions:

1. Divide spinach between serving bowls.
2. Top with strawberries, blueberries, almonds, grilled chicken, and feta cheese.
3. Drizzle with balsamic vinaigrette and toss gently before serving.

Healthy Tip: Use locally grown berries when available for the freshest taste and added nutritional benefits.

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