



PHAMILY PHITNESS

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JUST FOR THE BROTHERS.

Ok, all of you brothers on the left and right move to the middle, I'll wait. Now that were all together, let's talk. Have any of you had ahhh! Let's just say, had a problem "performing"? You know what I mean right? That long week and now you are with your queen, the kids are in bed and all of the sudden, NOTHING!!!!!!

When was the last time that you had a physical examination? There are a number of reasons why this problem would occur, high blood pressure, stress, diabetes, to name a few. By and large, men have a tendency to not to see their physician until something really goes wrong, which is not very smart. Preventive maintenance is the best way to assure you catch some of these problems before they become problems.

In order to stave off embarrassing moments, and to keep a happy and healthy, active intimate life, visit your doctor on a regular to keep a smile on her and your face.

FITNESS TIP

- Warm up by taking a brisk walk to get blood flowing, then stretch your muscles.

WINTER BLUES.

The winter can bring with it more than just cold weather and holidays. There is a condition called Winter Blues. The theory is that because the sun is further away from the earth, we don't enough vitamin D from it's rays. Whatever the reason, take heart, it's a perfect opportunity to visit family or to begin that exercise program that you have been putting off. The thing is to keep busy and occupy your mind, Oh!!! And don't forget to talk to someone close to you about how your feeling.



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Men's Health

Bro. Rickey B. Roach #40- Chairman

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WM Kenneth Golden #28- Member

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EAT BEFORE VISITING.

The Holiday season is upon us, the time where we see friends and family. Most of us will venture out to dinners at countless events and "SIT" around and consume high quantities of food and drink. One good rule of thumb is to eat a small meal before visiting, you won't be famished, and you will stay on track if you are health conscious or on a fitness program. Just to add, alcohol is just as bad for packing on the pounds, so be careful.