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## Fertility Myths and Misconceptions

Our benefits partner, Maven, is inviting you to a special conversation on fertility with Leslie Schrock, author of breakout hit [Bumpin': The Modern Guide to Pregnancy and Fertility Rules](#). Leslie will be joined by Dr. Wael Salem, Maven reproductive endocrinologist, to discuss ways to increase your fertility and chance of conceiving and debunk common myths and misconceptions.

### **Fertility Myths and Misconceptions**

Thursday, June 8 from 12-12:45 pm. [Sign up today!](#)

If you are interested but not able to attend the webinar live, still sign up and Maven will send a recording of the webinar.

As a reminder, Maven provides free, 24/7 virtual access to reproductive and family health content and support via unlimited video appointments, messaging, and classes. [Click here](#) to learn more about Maven.



## Tobacco Cessation Resources to Help You Quit!

According to the [Centers for Disease Control and Prevention](#), “cigarette smoking harms nearly every organ of the body, causes many diseases, and reduces the health of smokers in general.” Even smokeless tobacco can cause health problems, including cancers and increased risk of heart disease and stroke. But the good news is, quitting tobacco lowers your risk for tobacco-related diseases and can add years to your life.

Every year on May 31, World No Tobacco Day is observed to inform the public about the dangers of tobacco use. This year’s campaign “Grow food, not tobacco” also reminds us of the negative impact tobacco farming has around the world. According to the [World Health Organization](#) (WHO), tobacco is grown in over 124 countries, taking up land that could be used to grow crops that feed millions of people, resulting in increased food insecurity. Visit the [WHO’s website](#) to learn more about World No Tobacco Day.

If you are trying to quit tobacco, we have resources available to help you.

- **Coverage of tobacco cessation products** – there is a \$0 copay for prescription and over the counter (with prescription from your doctor) tobacco cessation products. To learn more about your prescription coverage, visit [optumrx.com](#).
- **Health Coaching** – Engage 1-on-1 with a tobacco cessation coach. Coaching is free to you, unlimited, and can even earn you a \$50 Well-Being Activity incentive through ThriveOn’s *Wellness Your Way* program. Visit [fccThriveOn.com](#) or call 1-888-255-0162 to learn more.



## Physical Activity - How Much is Enough?

We all know that physical activity is important to our health but unfortunately only one in four adults meet the global recommended levels of physical activity. So, just how much physical activity is recommended? Well, it depends on what type of physical activity you are doing and how vigorous it is.

**Option 1:** At least 150 minutes of moderate-intensity aerobic activity each week. Examples of moderate-intensity aerobic activity include:

- Fast walking
- Water aerobics
- Bike riding on level ground
- Doubles tennis
- Mowing the lawn with a push mower

**Option 2:** At least 75 minutes of vigorous-intensity aerobic activity each week. Examples of vigorous-intensity aerobic activity include:

- Jogging or running
- Swimming laps
- Bike riding fast or on hills
- Singles tennis
- Basketball

**Option 3:** An equivalent mix of moderate- and vigorous-intensity aerobic activity each week.

In addition to aerobic activity, adults should work all major muscle groups with strength activity at least two days each week. [Stretching](#) and [balance](#) activities are also important, especially as we age. You can stretch/practice balance for 5-10 minutes while watching TV or you can take classes like Yoga and Tai Chi.

Examples of muscle strength activities include:

- Weightlifting
- [Working with resistance bands](#)
- [Body weight resistance exercises](#)
- Gardening
- Power yoga

150 minutes or even 75 minutes sounds like a lot, but it doesn't have to be all at once. You can do 30 minutes per day, 5 days per week. You can even break up your activity within the day by going on two 15-minute walks. The bottom line is, some is better than none! [Click here](#) for tips to get started with your physical activity routine.

Note: always consult your physician before beginning a new exercise routine.



## Learn the signs of stroke.



**Face. Arms. Speech. Time to call 9-1-1.**

[cdc.gov/stroke](https://cdc.gov/stroke)

## Acting F.A.S.T. Can Save a Life if a Stroke Occurs

According to the [Centers for Disease Control and Prevention](#), every 40 seconds, someone in the United States has a stroke and every 3 minutes and 14 seconds, someone dies of a stroke. It could happen anywhere, at any time, which is why it's so important to know the warning signs and [act F.A.S.T.](#) The faster stroke is treated, the more likely the patient is to recover.

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911**

Other stroke symptoms include sudden numbness, confusion, trouble seeing, trouble walking, and severe headache.

It's also important to take steps to reduce your risk of stroke, such as quitting tobacco, increasing physical activity, maintaining a healthy weight, and eating a balanced diet. Visit [stroke.org](https://stroke.org) to learn more about the stroke risk factors that are under your control.



## Help ThriveOn Design the Medal for the 2023 5k!

The Franklin County 5k & ThriveOn Challenge will return this fall! ThriveOn is looking for help in designing the medal for this year's race. Email your design to [ThriveOn@franklincountyohio.gov](mailto:ThriveOn@franklincountyohio.gov) by Friday, June 9th and your design might just be featured at this year's race!

# Maddie's Culinary Commentary

Provided by OhioHealth

## 3 Nutritious Tips For Your Holiday Cookout!

### 1. Try roasting up some veggies

It's as easy as popping your favorites directly onto the grill, season with salt & pepper, herbs, and some olive oil.

### 2. Think about lean meats

Try out a turkey or chicken burger; making kebabs with shrimp is another delicious way to add in healthy fats.

### 3. Grill up your dessert

Whether it's grilled peaches, pineapple, or even watermelon, grill up your favorites and serve with whipped cream or a scoop of vanilla ice cream.

## Healthy Cookout Ideas:



## Coming Up:

- **Looking to join a healthy lifestyle program?** Pantry Basics: Frozen & Canned Produce will return this July, be on the lookout for registration on the [ThriveOn Portal](#).



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To learn more, schedule a nutrition counseling session with Maddie by visiting [this link](#).