

WELLNESS Wednesday | June 10th, 2026

Men's Health Week



June 9–15 marks **Men's Health Week**, a dedicated time to raise awareness around the unique health challenges men face and to encourage men to take proactive steps toward better physical, mental, and emotional health. Observed during the week leading up to Father's Day, it's part of the broader **Men's Health Month** movement that aims to promote early detection, preventive care, and healthier lifestyles.

This week is a reminder that taking care of your health isn't just about avoiding illness, but also about improving your quality of life. Simple actions like scheduling an annual physical, knowing your key health numbers (blood pressure, cholesterol, glucose), and keeping up with screenings for prostate and colon cancer can make a major difference. Along with that, testicular self-exams and mental health check-ins are just as important.

Men are often less likely to speak openly about stress, anxiety, or depression, yet mental health is a crucial part of overall well-being. Whether it's talking to a friend, connecting with a support group, or reaching out to a professional, taking care of your mind is a sign of strength.

Need some ideas on small habits to improve your health?

Physical Health: Try adding a short walk into your day a few times a week, look for at least one fruit or veggie at your meals, and try to get 7–9 hours of quality sleep each night.

Managing stress through mindfulness, hobbies, or simply slowing down can also go a long way!

This Men's Health Week, take the opportunity to check in with yourself—or encourage the men in your life to do the same. Your health matters. And every step you take toward wellness is a step toward a stronger, longer, and more balanced life.

Resource Link



Patient Portal Features

- Schedule appointments online or via app
- Secure messaging and video visits with providers
- Manage prescriptions and refills
- Access medical records, lab results, and documents
- Track health progress through connected apps

Schedule an Appointment

Call 866-434-3255, or visit my.marathon.health

Benefit Basic- Marathon Health

Marathon Health is a unique health care program that is available as part of the medical benefit. Eligible employees and dependents must have primary medical coverage with the City of Akron to enroll. If you enroll in the medical benefit and in the Marathon Health program, you and your enrolled family members can receive primary care services through Marathon Health providers, at little or no cost to you. To the extent that the City of Akron medical benefit is secondary/tertiary coverage for an individual, that individual is not eligible to enroll in the Marathon Health program.

Key Benefits

- No-cost primary care visits
- Same-day or next-day appointments
- 24/7 virtual care access
- Minimal wait times and longer appointments
- In-office support for medical questions

Available Services

- Annual physical exams and condition management
- Men's, women's, and pediatric care
- Lab testing and on-site services
- Mental health support
- School/sports physicals
- Sick and immediate care

Major Student Loan Changes

Don't be caught off guard by July 1- Rules are changing!

Get prepared with Savi: Click here

- **A new repayment plan launches**
  The Repayment Assistance Plan (RAP) becomes available, tying payments to income. But forgiveness takes 30 years — and it is not the right fit for everyone.
- **Some plans are going away**
  PAYE and ICR are being phased out. Once they close, you cannot switch into them. The income-driven options going forward are updated IBR and RAP.
- **SAVE borrowers face an auto-enrollment cliff**
  If you are on SAVE, your servicer will send a notice giving you 90 days to choose a new plan. Miss the deadline and you are automatically moved to the most expensive option available — potentially hundreds of dollars more per month.



Review Your Repayment Options ⟶



Hydration Day

Our bodies are composed of 60% water, however, roughly three-quarters of Americans are chronically dehydrated. According to the CDC, dehydration can contribute to mood swings, kidney stones, overheating, lack of mental focus, and other conditions. Recommended water consumption on a daily basis for men is 15.5 cups, and for women is 11.5 cups. Consuming adequate amounts of water can promote healthy digestion, regulation of body temperature and blood pressure, proper brain function, aid in weight loss and more.

Here are a few tips to stay on top of your water consumption:

- **Try implementing a habit tracker**- this will allow you to track daily habits and keep you on pace to hit your daily consumption goals! Search for a downloadable mobile version or start using a wellness journal.
- **Flavor it** - add lemons, limes, oranges, cucumbers, watermelon, strawberries and more to change the taste.
- **Tie it into a routine**- start your morning off with a glass of room temperature water, implement it during meals and more.
- **Challenge a friend or co-worker**- start a healthy competition with a friend or peer to help keep you on track.
- **Take it to go**- utilizing a water bottle every time you leave the house to bring it to you where you go.







30-Minute Outdoor Summer Workout (3–4 Days/Week)

Warm-Up (5 minutes)

- Light jog or brisk walk – 2 min
- Arm circles and shoulder rolls – 1 min
- Leg swings and hip circles – 2 min



Circuit Workout (Repeat 2–3 rounds)

- Bodyweight squats – 15 reps
- Push-ups (on grass or park bench) – 10–12 reps
- Walking lunges – 10 each leg
- Step-ups on a bench or curb – 10 each leg
- Mountain climbers – 30 seconds
- Plank hold – 30 seconds
- Rest 1 minute between rounds



Cardio Finisher (5–10 minutes) Choose one:

- Jog or power walk around the park
- Jump rope intervals (30 sec on, 30 sec off)
- Hill sprints (short bursts up a slope, walk down)

Cool-Down & Stretch (5 minutes)

- Forward fold, quad stretch, calf stretch, and shoulder stretch – 30 sec each
- Deep breathing and light walking to bring heart rate down

Tips for Exercising in Summer

- Hydrate before, during, and after your workout
- Wear breathable, light-colored clothing and sunscreen
- Exercise early morning or late evening to avoid peak heat
- Use shaded areas like parks or trails when possible

Recipes

Snack attack feature:



Keto Crunchwrap



Buffalo Chicken Dip



Cucumber Cups



Frozen Yogurt Bark