Men’s Health

10 tips to help men live happier, healthier and longer lives

1. Watch what you eat
The foods you eat impact your body in many ways. A healthy diet helps keep the body functioning at its best and can improve your mood.

2. Pay attention to how you eat
It’s not just what you eat that’s important—how you eat can also impact health. For example, slicing food thinly can make the same portion seem like more food so you trick yourself into eating less.

3. Seek alternative compensation
Focusing too much on money tends to raise stress levels and lower happiness. Seeking raises at work can actually make you less content. When people earn more, they tend to adjust to the new pay and aren’t satisfied with what they can afford. Try asking for compensation in a different form, such as the ability to telecommute.

4. Spend time with friends
Strengthening relationships with good friends is a great way to relax and improve your mood. Go fishing, hiking, out for a bite to eat or to a movie with a friend.

5. Workout regularly
Exercise is great for your body and mind. Staying active can help you maintain a healthy body weight, strengthen heart health and build muscle tone, among other benefits. It also provides a mood-enhancing boost that can lift your spirits.

6. Set your sleep cycle
A good night’s sleep is important to help you feel and function at your best. Help maintain a healthy sleep cycle by exposing yourself to bright light early in the morning. Drink your morning cup of coffee by a sunny window or turn on bright daylight bulbs.

7. Check out workplace programs
Find out if your workplace offers wellness or coaching programs. If so, take advantage of these resources to help develop your mind and body.

8. Exercise your ears
Try using music to fine-tune your ears. Turn down the volume to a level that allows you to carry on a normal conversation, then practice focusing on a single instrument. This can help train your ears to perceive more details in sound.

9. Savor the little things
Pay attention to pleasing sights, smells and sounds throughout the day and take a moment to savor them. Building short-term positive emotions can change your outlook and lead to greater happiness.

10. Practice mindful breathing
Learning and practicing techniques for mindful breathing help reduce negative thoughts and promote relaxation. Try building up to 10 minutes of mindful breathing each day.
Superfood of the Month: Eggplant

What is it?
Eggplant is a plant species in the nightshade family Solanaceae. It is grown worldwide for its edible fruit. Most commonly purple, the spongy, absorbent fruit is used in several cuisines. Typically used as a vegetable for cooking, it is a berry by botanical definition.

What do I do with it?
Eggplant is naturally a little bitter. Sprinkle it with salt and let it sit for 30 minutes. The salt will draw out some of the bitterness and will also prevent the eggplant from absorbing too much oil during cooking. Rinse off the salt before you cook it. You can roast, bake, steam or sauté eggplant. When it’s cut up, it makes a good addition to curries and soups. Eggplant is healthier if you bake it instead of frying it.

Why should I eat it?
The eggplant has been an ingredient in traditional medicine for thousands of years. In the ancient Indian system of ayurvedic medicine, practitioners used white eggplant to treat diabetes and the roots to relieve asthma. Eggplant has antioxidants like Vitamin A and C, which help protect your cells against damage. It’s also high in natural plant chemicals called polyphenols, which may help cells do a better job of processing sugar if you have diabetes.

Tips for buying and storing
Pick an eggplant at the grocery store that is firm but not hard. Also, a good eggplant should feel heavy for its size. Don’t cut an eggplant until you are ready to cook it as they go bad quickly. Instead, put it in the fridge where you can safely store it for up to a week.
Pasta Alla Norma

INGREDIENTS

- 1 large eggplant (about 1 ½ pounds), chopped into 3/4” inch pieces
- 1 teaspoon kosher salt, divided
- 4 tablespoons olive oil, divided
- 4 garlic cloves, minced
- ¼ cup roughly chopped fresh parsley, plus more for garnish
- ¼ cup roughly chopped fresh basil, plus more for garnish
- 28 ounce can high quality crushed tomatoes, such as San Marzano
- ½ teaspoon dried oregano
- Freshly ground black pepper
- ¼ teaspoon sugar, optional
- 12 ounces large tubular pasta (rigatoni or we used calamata)
- ¼ cup grated ricotta salata, to serve
- Grated Pecorino Romano cheese, to serve

PREPARATION

1. In a large skillet, heat 3 tablespoons olive oil over medium heat. Add the eggplant and ½ teaspoon kosher salt. Sauté for 7 to 10 minutes until browned and tender, stirring often so the eggplant doesn’t stick (the pan will be pretty dry, but this is as expected). Remove the eggplant to a bowl.
2. Reduce the heat to low and add 1 tablespoon olive oil, along with the garlic, parsley and basil and cook for 1 to 2 minutes, until fragrant. Add the tomatoes, oregano, ¼ teaspoon kosher salt and freshly ground black pepper. Bring to a simmer and simmer 15 minutes, until the flavors meld. Stir in ¼ teaspoon the sugar. Add in the eggplant just before serving.
3. Meanwhile, bring a large pot of salted water to a boil. Boil the pasta to al dente and drain. Add the pasta back to the pot with a drizzle of olive oil. Pour the sauce with eggplant over the pasta and gently toss to combine. Add salt and pepper to taste.
4. Serve topped with grated ricotta salata cheese, grated Pecorino Romano, and chopped fresh parsley and basil.