



National Men's Health Week

June 12-18th is National Men's Health Week. The main goal during this week is to get awareness of preventable health problems and encourage men and boys to get regular checkups with their doctor. There are many ways you can maintain a healthier lifestyle. Here are some tips:

1. Move, Move, Move

The Center for Disease Control and Prevention (CDC) recommends that adult men do 2 ½ hours or 30 minutes 5 days a week of moderate-intensity aerobic activity every week. Regular physical activity that works all the major muscle groups two or more days a week is also recommended. Ask we work to increase the amount of physical activity we do, try spreading it out throughout the day and make small, successful increases.



2. Awareness

Be aware of the foods you eat. Salt and sugar intake is high among many people in the US. Eating excessive amounts of sugar can lead to chronic diseases including high blood pressure, heart attack, and stroke. The great news is that small changes can make lasting impacts. Try making one two small changes at home or when at work.

3. Control Stress Levels

Stress can really affect our health. Although some stress can be good, when things start to feel out of control, it is important to ask for help. If we feel like stress is controlling too much of your daily life it is important not to ignore it. Severe feelings of hopelessness, tiredness, decreased energy, and thoughts of suicide, are all signs of depression. Help can be just a phone call away and setting up a phone call with a counselor can be great and might be covered by your work insurance. The CDC recommends calling the National Suicide Prevention Lifeline at 1-800-273-TALK or (1-800-273-8255) to talk to a trained counselor.





4. Check-Ups

It is scary to think that some diseases and conditions may not have symptoms. That is why it is important to get regular **check-ups** to help identify any issues early on. It is also important to know what symptoms to pay attention to. If you are experiencing **chest pain, shortness of breath, excessive thirst and problems with urination** it is recommended by the CDC to go see a nurse or a doctor.

For more information about National Men's Health Week and tips on how to live a healthier lifestyle click [HERE](#)