

WELLNESS ANNOUNCEMENT

June is National Men's Health Month: Risks & Tips

Father's Day is quickly approaching and now is the perfect time to encourage the men in your life to take care of themselves. This month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy lifestyle choices.

According to the Centers for Disease Control and Prevention, men in the United States, on average, die five years earlier than women and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries.

Know the Risks

Your genetics, environment and lifestyle all contribute to your health. These factors may put you at an increased risk for developing certain diseases or conditions.

Since you can't change some of those factors (like your genes), focus on addressing any behaviors you do have control over, such as your diet, activity level and smoking. Make as many changes as you can to improve your well-being.

Watch What You Eat

What you eat and drink can make a significant difference in your overall health. Here are a few dietary guidelines to follow:

- Eat colorful vegetables
- Eat lean meats, poultry, fish and eggs
- Limit foods high in saturated fat
- Limit foods and drinks containing added sugar
- Drink plenty of water
- Limit alcohol



PIERCE GROUP BENEFITS

Get Moving

Nearly 80% of Americans do not get enough physical activity. For adults, the Department of Health and Human Services (HHS) recommends getting at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity throughout the week. HHS also recommends adults do strength training exercises at least two days per week. Being active does not take a lot of time or money, but it does require a commitment. Start slowly, work up to a satisfactory level, and do not overdo it. Find fun ways to stay in shape and feel good.

Manage Your Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. Protect your mental health by engaging in activities that decrease your stress, such as enjoying your favorite hobby, exercising, reading or spending time with friends and family.

Get Routine Exams

Based on your age, health history, lifestyle and other important factors, you and your doctor can determine how often you need to be screened for certain diseases. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases and cancers of the skin, prostate and colon.

These are just a few ways to help the men in your life (including you, men out there) stay healthy, aware, and proactive!