

TIP OF THE WEEK



June is Men's Health Month

Take action to be healthy and encourage the men in your life to make their health a priority.

Get good sleep. Adults need 7-9 hours a night.

Toss out the tobacco. Living Well has resources to help you quit, at no cost.

Move more. Adults need 2.5 hours of aerobic activity and 2 days of muscle strengthening activities every week.

Eat healthy. Eat a variety of fruits and vegetables every day

Tame stress. Too much stress can harm your body. Find support with your local Employee Assistance Program.

Stay on top of your game. See your doctor for annual checkups, at no cost to you. Checkups help identify issues early.


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