

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## KEN AS HARD AS YOU KEN

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During Men's Health Month, here's your reminder - stepping up and being a difference maker is not only to benefit those around you. You have to step up and make a difference in yourself too. You cannot take care of others if you don't take care of yourself first. It's time to end the stigmas of men not taking their health and well being seriously.



### CHECK YOURSELF BEFORE YOU WRECK YOURSELF

Look after yourself! Only 60% of men have an annual wellness exam or yearly routine check up. 40% only go to their doctor if something is seriously wrong, and **20% only go to prevent their spouse from "nagging"** about their pain complaints.

Prostate cancer is the 2nd leading cause of cancer death in men. Men are also 2-3 times more likely to develop prostate cancer if a close relative has had it before.



### LET'S GET PHYSICAL

Yes, *keeping* your body well is part of the equation too.


It's recommended to get at least 2 ½ hours of physical activity a week to reduce the risks of heart disease, improve brain health, and strengthen the body. But... before you have a reason or excuse that 2 ½ hours can't be found during a busy work week...

Don't have time to watch kids and work out? Two birds. One stone. Utilize those little ones and work out while taking care of the kids. Try push ups while they ride on your back, hold them while you squat, lift them in the air above your head. They have the time of their life flying through the air while you get a good workout in.



### LEADING BY EXAMPLE

Be a role model. Fathers have an important role in shaping their children's future and health. The impact you make and how you treat others and yourself **doesn't go unnoticed by your kids.**

- Children mostly pick up habits regarding diet and physical exercise from the father figure in the family
- The risk of cardiovascular disease is not entirely genetic, but developed through poor habits starting in early childhood
- Fathers often play a little more rough than mothers do and these influences can go a long way in developing a child's social, emotional, and physical well being.
- The more a man ignores his own health the more likely his children will ignore their own health, as well. 

READ MORE BY SCANNING THE QR CODE!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

