

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW

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## 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.



- The mortality rate for men is 41% higher compared to women regarding conditions such as heart disease, cancer, diabetes, and stroke.
- 31% of men suffer from depression, but only 25% ever report symptoms or seek help.

- 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.

Like Omar said in last week's newsletter, "Men, what are we doing?!" These wellness checks are nothing to be afraid of or dismiss. Check your employer health plans as many wellness checks and screenings are a *free* benefit to you already.

### 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.
- Sleep is crucial too. 7-9 hours every night allows your body and mind to recuperate and be ready for the next day. Turn off the tv and put away the phone to let your brain rest before falling asleep.



### 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. 

**Mitchel Musselman, ATC, ||** Mitchel has his Bachelor's in Athletic Training along with over 7 years of athletic training experience. In addition to the industrial setting, he has worked in the high school and orthopedic clinic settings. Outside of work, he enjoys golfing, video games, spending time with his wife, two young children, and two dogs (Jordy and Oakley).



**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.

