

Wellness Tidbits

June is National Men's Health Month



MEN'S HEALTH MONTH

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice healthy living decisions such as exercising and eating healthy. -US Dept of Health and Human Services Office of Minority Health

Did You Know?

- Women are 100% more likely to visit the doctor for annual examinations and preventive services than men.
- Men die from the top 10 causes of death at higher rates than women.
- Men are 4 times more likely to commit suicide than women.
- Elevations of LDL (bad) cholesterol and declines of HDL (good) cholesterol have been linked to testosterone.
- On average, women live almost five years longer than men.

It's time for men to make their health a priority. Support their efforts by encouraging them to get annual medical checkups, seek preventive screenings, and obtain medical advice and early treatment for disease and injury.



Resources: <http://www.menshealthnetwork.org>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Currently, how much longer do women live when compared to men?

**ANSWER FITBIT®
CHALLENGE HERE!**



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