

June 2022

Your Workplace Wellness Newsletter from Wake Forest Baptist Health



Men's Health 5 Tips to Support Good Health at Any Age

Even with advances in medicine, men die 5 years earlier than women on average. Men are more likely to die of heart disease, cancer, and accidents/injuries.

Take these steps to boost your health now and in the future:

1. **Make healthy food choices.** Choose mostly plant-based foods (fruits, vegetables, beans, and whole grains that are rich in fiber). The Mediterranean diet or the DASH (Dietary Approaches to Stop Hypertension) diet plans are good places to start.
2. **Aim for 30 minutes of activity most days.** If you have a job where you sit for long periods of time, be sure to set breaks. This way you can stretch, do jumping jacks or walk around.
3. **Don't ignore your feelings.** Life can get tough sometimes. Be aware of your emotional health and stress.
4. **Kick the smoking habit.** Any type of tobacco use (smoking, chewing, sniffing, or vaping) is linked to a lot of health conditions and poor outcomes. But remember, most people don't quit on the first or second try. So, don't give up.
5. **Stay up-to-date with regular health check-ups, vaccinations, and screenings.** When you do, you:

* Have a better sense of your baseline health (cholesterol, blood pressure, blood sugar, and other numbers)

* Prevent or lower the risk of some infections

* Can catch health issues early on when they are easier to treat

More Information

Counseling with Nathan Blake, CFBPPC, LCAS

Reminder, Counselor Nathan Blake now has set hours, and you can schedule your own [appointment online](#). This service is available for Ralph Lauren employees and dependents. Nathan's services are part of the Onsite Clinic and are free.



Make an appointment at RalphLaurenNCWellness.com or call him at 336-416-3623.

Appointments available on Tuesdays at HPD and Thursdays at NC66; 8 am - 5 pm.

Workplace Safety Reminders

At work, it's always a good idea to think through your workspace and the things you need to do. This includes any physical and mental demands you may have. You want to make sure you're staying safe!



- Always follow safety processes
- Use protective equipment
- Talk often with your team about safety concerns
- Report any concerns that could be a safety threat

Did you know?

- Nearly 3 out of 100 workers have a workplace injury each year.
- Most of these (8 out of 10) are due to slips, trips, falls, or strains.
- Workplace injuries have dropped by 75% since 1972. This is due to better protection, training, and other workplace safety efforts.

Book An Appointment at the Clinic

Wellness Website



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