



MAY . . . A MONTH OF HEALTH OBSERVANCES

May is a big month for health observances! Besides being Skin Cancer Awareness and Prevention Month, it is also:

American Stroke Month

Better Sleep Month

Clean Air Month

Mental Health Month

National High Blood Pressure Prevention Month

National Osteoporosis Awareness and Prevention Month . . .



A common behavior that influences ALL of these health issues and reduces many other health risks is EXERCISE or increasing your level of activity! Wednesday, May 19th is National Employee Health and Fitness Day, a day set aside to encourage individuals to take advantage of opportunities at the worksite to move more!!!! Here are a few suggestions from the American Heart Association:

1. Brainstorm project ideas with a co-worker while taking a walk.
2. Stand while talking on the phone.
3. Walk down the hall to speak with a coworker instead of using the phone.
4. Take the stairs instead of the elevator.
5. Walk around your building for a break during the day or during lunch.
6. Sit on a stability ball instead of a chair.
7. Do a few stretching exercises periodically throughout the day.
8. Be ambitious and bike or walk to work . . . or, park further away and walk a few blocks to work!



PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

