

COLAS RAIL

ON TRACK FOR
A SUSTAINABLE FUTUREWELLNESS
NEWSLETTERSleeping for Success
this September

Sleep Well for Sleeptember

September is here and marks the start of Sleeptember where we look at how to get a good night's sleep and why it's beneficial.

Sleep is critical to health and wellbeing and as a nation we really aren't getting enough. It is a basic and fundamental human requirement and is vitally important for good physical, mental and emotional health as well as crucial for memory, learning and growth.

Scan the QR code on the right to watch the webinar and find out the 8 steps to sleep!



Scan the QR code
to watch the
webinar

For more information on Super Wellness contact [Jude Tymon](#) Head of Wellbeing, Health, and Safety Behaviours.

7 FUTURES

The Road to Successful
Physical and Mental Wellbeing

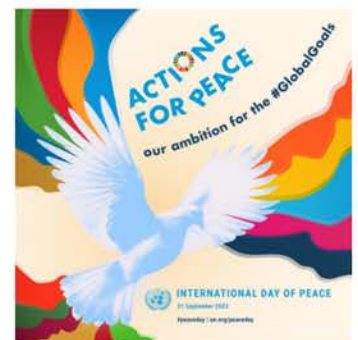
7Futures have developed a dedicated Colas Rail UK [Microsite](#), which includes information on body composition, exercise videos, recipes, and a variety of information to keep you motivated.



International Day of Peace

Each year, the International Day of Peace is observed around the world on 21 September. The United Nations had declared this as a day devoted to strengthening the ideals of peace. This year's theme was **Actions for Peace: Our Ambition for the #GlobalGoals**.

Fostering peace contributes to the realisation of the Sustainable Development Goals (SDGs) and achieving the SDGs will create a culture of peace for all.



TOP TIPS FOR MEN'S HEALTH

Men's life expectancy is currently 3.7 years shorter than women's, although thankfully the gap is getting narrower. There are specific physical and mental health risk factors which are higher in men. Here are some top diet and lifestyle tips to help reduce them.

THE EFFECTS OF TESTOSTERONE (T)

Brain

- Increased sex drive
- Improved mood
- Confidence
- Memory function

Skin

- Hair growth
- Collagen growth

Bone Marrow

- Red blood cell production

Muscles

- Muscle growth
- Increased strength
- Increased endurance

Sex Organs

- Sperm production
- Erectile function

Bones

- Maintenance of bone mass density

Men produce around 10x more T than women

24 HOUR CYCLE

Highest in the morning, drops at the end of the day

RISK FACTORS WHICH ARE HIGHER IN MEN

Fertility Global sperm health down by 50-60% in the last 40 years	Heart disease Leading cause of death for men aged 50-64	Sexual health Men's testosterone levels have dropped 20% in the last 20 years	Mental health Fewer mental health conditions diagnosed but higher suicide rates
Liver disease Fatty liver, can be due to high alcohol intake or high fructose / sugar intake	Flu, pneumonia, Covid-19 Men 25% more likely to die from flu and pneumonia Higher risk of complications from Covid-19	Cancers most common in men Prostate, lung, colorectal, bladder, melanoma, testicular cancer, penile cancer	Metabolic conditions Obesity, high blood pressure, high cholesterol, T2 diabetes

TESTOSTERONE DECLINES BY 1-2% EACH YEAR FROM AGE 30/40 (ANDROPAUSE). LOW TESTOSTERONE CAN LEAD TO:

Insomnia Headaches	Lower libido Muscle pains	Muscle loss, weight gain
Nausea, vomiting & constipation Nervousness & irritability Depression Loss of enthusiasm	Increased risk of metabolic syndrome, T2 Diabetes and heart disease Palpitations & increased heart rate Sweating	Hesitancy or frequency of urinary flow

TOP TIPS FOR REDUCING RISK FACTORS AND BOOSTING TESTOSTERONE NATURALLY

5+ a day Fewer men reach the recommended amount currently	Boost fibre Healthy digestion, lower cholesterol, weight, diabetes risk	Resistance training to build muscle Benefits for metabolism, T and mental health	Meat-savvy diet Focus on quality, include meat-free days Limit red and processed meat	Increase plant-based protein Legumes, nuts and seeds Beware highly processed vegan foods
Know your numbers Regular blood pressure checks	Stress management strategies Daily run, meditation app	Regular check-ups and self-checks for warning signs	Reduce sugar & alcohol For liver and metabolic health	Prioritise sleep Essential for healthy T production

KEY NUTRIENTS FOR MEN

Lycopene Reduces risk of prostate cancer	Vitamin D Influences T levels	Zinc T production, sperm count, hair growth Dark green leafy veg, pumpkin seeds, seafood	Magnesium May support T levels and help relaxation Whole grains, leafy greens	Omega-3 fatty acids Best from food sources Oily fish, flaxseed
--	---	---	--	---