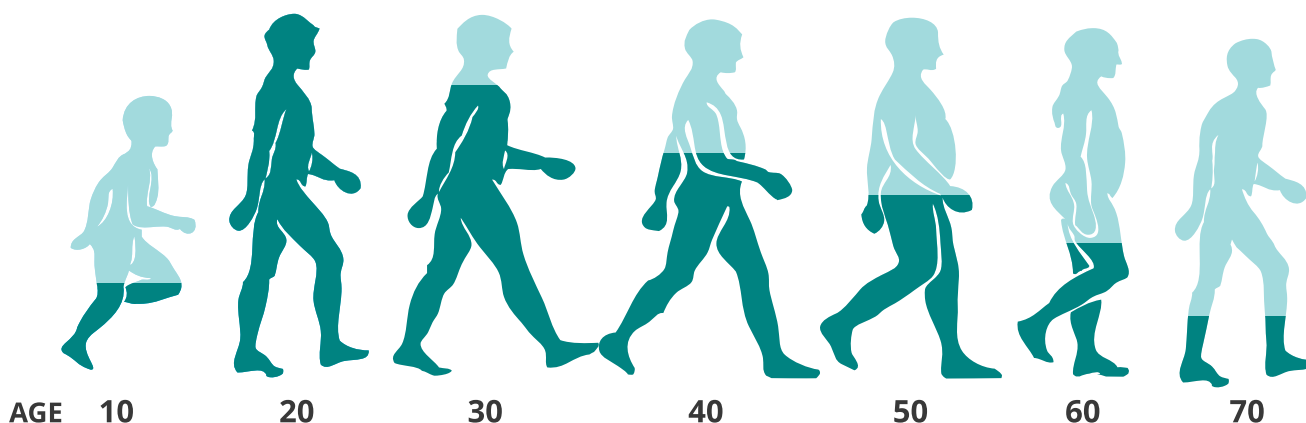


NOVEMBER 25

A stylized illustration of a man with dark blue hair and a beard, wearing a teal long-sleeved shirt and dark blue pants. He is sitting cross-legged on a light blue surface, holding a large, bright red heart with both hands. The background is a solid light blue.

Testosterone, health, and ageing

The shift in testosterone that men experience can impact mood, energy, muscle mass, and even motivation. While a dip in testosterone is normal, extreme fatigue, low mood, or a noticeable decrease in drive might be worth discussing with your doctor. Sometimes the solution can be as simple as improving sleep, diet, or exercise routines.



Check in with yourself and others

Taking five minutes to reach out to a friend or family member can make a world of difference. Sometimes just asking “How are you really doing?” can open the door to meaningful support.

Here are a few simple ways to start your self-check:



- 1. Schedule a GP visit.**
When was your last health check or blood test?



- 2. Move your body.**
Exercise boosts mood, improves heart health, and supports testosterone levels.



- 3. Eat for energy.**
Prioritise a balance diet with whole foods, lean proteins, and plenty of water.



- 4. Talk it out.**
Whether with a mate, partner, or counsellor, conversations can help lighten the load.



- 5. Rest and recharge.**
Sleep is one of the most powerful tools for recovery and resilience.



- 6. Take charge of your hormonal health.**
Ask your employer if the **Men's Hormonal Health Service** is available to you. Early checks and personalised support can make a big difference to long-term wellbeing.

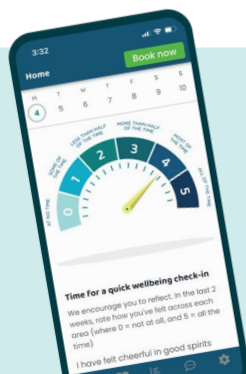
This ‘Movember’, make your health a priority because looking after yourself means you’ll be in better shape to do the things you love and be there for the people who matter most to you.

Want to learn more?


Join our free webinar designed to help men take proactive steps to protect their wellbeing.

Sign up for the webinar [here](#) or scan the **QR code**.

 **Webinar**



Further support

Our **WellbeingHub** provides more in-depth information and resources. Sign up |  **Habit Health WellbeingHub**

The **habithealth+** app supports you with round-the-clock motivation and reminders.

Download **habithealth+**



Our team are here to help

If you need more support, **book an appointment online** at eapservices.co.nz, by calling **0800 327 669** or by scanning the **QR code**



eapservices.co.nz