

ULTRA ACCESS Mens Health Week

Helping raise awareness for, and supporting 50% of the global population

Men's Health Week in the UK for 2025 will be held from **Monday the 9th to Sunday the 15th of June**.

Its purpose is to help raise awareness about the (sometimes unique) physical and mental health, and overall wellbeing challenges faced by men all around the globe.

It may not be popular to state this, but without men, this world would very rapidly collapse. Most of (as in 90% of) the global infrastructure, building/construction and maintenance sectors are all worked on by men.

In short, men keep the world spinning, the lights on, the water running, the shelves stocked and if you include the Police, Fire, Medical and Military sectors - keep the world safe, sound and protected.

Women are incredibly important to humanity, but so are men, and not just for the obvious reasons of reproduction, etc - and this is now thankfully being recognised in the mainstream.



In Britain there are some 30m men (aged 18+) and many work in the most dangerous, physically demanding and low paid work in this country.

From a physical perspective:

ONS (the Office for National Statistics) state that nearly **50% of men in the UK have reported some kind of health problem**.

From a mental health perspective:

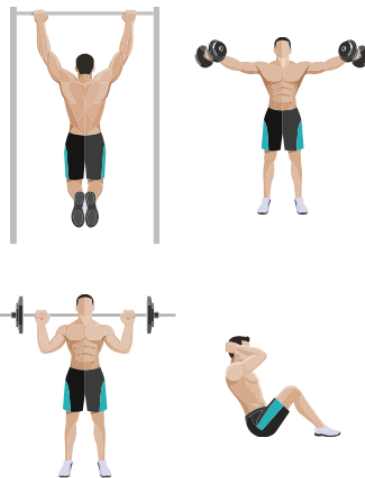
According to **Mental Health UK⁴**, **12.5% of men in England and Wales have a diagnosed mental health disorder** of some kind - although this could be much much higher...

How do we help manage both our mental and physical health?

Where possible physical fitness is something that we should all try to participate in as often as we are able to. Studies have shown that even moderate exercise, like a brisk walk, or light weight training can help reduce symptoms of depression and anxiety, improve mood, boost self-esteem, and enhance cognitive function.

It also helps with stress management, sleep quality, and our overall well-being.

Men can be responsible for some of the world's most awful atrocities, but this is in the very minority and for the most part, **men are good, strong protectors and providers, who risk life and limb for those who they love** and this should be celebrated and promoted...



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