












Top health tips for men

Men can make simple lifestyle changes to help ward off disease, be more fit and live a healthier life. This doesn't have to be an entire overhaul of how you go about your daily routine. There are numerous things you can do every day to improve your health and stay healthy. **We've compiled the top tips to help you get started.**

-  **Select a doctor.** About half of men age 18 to 50 do not have a primary doctor. Having a doctor who you see regularly can help monitor any changes to your health. *Esquire survey, 2011*
-  **Get preventive screenings.** Talk to your doctor about when and how often to have the following screenings based on your specific risk factors, family history and age: prostate cancer screening, colon cancer screening, bone density screening for osteoporosis.
-  **Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits like getting regular exercise, eating right and limiting alcohol. *Mayo Clinic, 2018*
-  **Perform testicular self-exams regularly.** Check for lumps and nodules. See your doctor for routine physicals. *ACS, 2018*
-  **Seek help for stress or depression.** The suicide rate among men is nearly four times higher than among women. *National Institute of Mental Health, 2017*
-  **Eat balanced meals.** Follow this simple rule: Make half your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.
-  **Limit alcohol and quit tobacco.** Men who have more than 2 drinks daily are at higher risk for certain diseases, such as cancer. Tobacco use is the leading cause of preventable disease, disability, and death in the United States. *CDC, 2019*
-  **Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity).
-  **Strive for good sleep.** Aim to get between 7.5 and 8.5 hours of quality sleep per night.



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