Men's Health Month HEALTHY 2016 TIPS FOR MEN

Everyday Health Tips Men Should Know

Sleep Well



Adults need between 7-9 hours of sleep.

Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression.

Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity every week.

Spread your jogging or gym activity out during the week, breaking it into smaller amounts of time rather than doing it all in one day.



Drink Water

Getting enough water every day is important for your health

Water helps keep your temperature normal, lubricates and cushions joints, protects your spinal cord and other sensitive tissues, and gets rid of wastes through urination, perspiration, and bowel movements. It also helps control calories.

Stay on Top of Your Game See your doctor or nurse for checkups.

Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

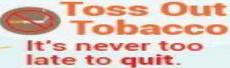
Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination.





The best ways to manage stress in hard times are through self-care.

Avoid drugs and alcohol. Stay connected and seek help. Stay active and most of all make sure you take care of yourself.



Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking related illnesses.

Eat to THRIVE Getting enough nutrition is crucial.

Focus on nutrients rather than calories.

Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases.



Participate in fun activities you enjoy every day, like hiking, biking, sports, relaxing, listening to music, and seeing friends and family. Look forward to each and every day!



Content source: Denters for Disease Control and Presention. http://www.cdc.gos/

Mens Health And Exercise Guide

Adam Campbell

Mens Health And Exercise Guide:

Mens Health Total Fitness Guid 2006, The Harvard Medical School Guide to Men's Health Harvey B. Simon, 2004-02-03 Presents practical health advice for men covering diet and exercise supplements alcohol stress control men s diseases and disorders and the health care system The Exercise Professional's Guide to Optimizing Health Jeffrey L. Roitman, Tom La Fontaine, 2011 Published in cooperation with the American College of Sports Medicine The Exercise Professional's Guide to Optimizing Health enables you to design and implement exercise programs based on the latest research to help people avoid the onset of chronic disease Moreover it shows you how to design exercise programs so that people with chronic disease can safely benefit from exercise This text begins with an overview of the epidemiology of chronic disease and is then divided into three parts Part One clearly explains pathophysiology concepts common to all chronic diseases as well as the healthful effects of exercise and nutrition Part Two covers atherosclerosis obesity diabetes and metabolic syndrome hypertension and dyslipidemia with specific recommendations for effective exercise programs to manage each disease Finally Part Three discusses behavior change and then summarizes all the exercise prescription information for each chronic disease in a single chapter The Men's Health Little Book of Exercises Adam Campbell, 2014-12-23 Based on the wildly successful Men's Health Big Book of Exercises this portable handbook offers readers step by step instructions and color photos on how to perfectly execute the best fat torching muscle building exercises known to man This essential workout guide is for anyone who wants to lose weight fast and build a better body Complete with fast effective workouts for home use or to take to the gym this easy to tote package gives readers access to their favorite routines wherever they go The guidebook details main moves for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective Other highlights The best core exercises for a six pack Body weight workouts to do anywhere A circuit workout that ll add inches to a man s arms The best chest exercise to boost a guy s max benchpress Plus 10 new exercise plans and a workout log From start to finish this muscle manual bulges with hundreds of useful tips breakthrough science and cutting edge workouts from top trainers The Rough Guide to Men's Health Lloyd Bradley, 2013-01-01 Presents guidelines for men to lead a healthier lifestyle including advice on nutrition exercise relationships physical fitness and personal hygiene Men's Health Total Fitness Guide 2008 Muscle Chow Gregg Avedon, 2007 Men's Health The Body You Want in the Time You Have Myatt Murphy, 2005-12-27 A workout book for busy men and women provides muscle building strength and weight loss exercises divided into smaller time blocks that can be incorporated into limited schedules in a guide complemented by more than 250 demonstrative exercises Original 35 000 first printing The Men's Health Hard Body Plan The Editors of Men's Health, 2000-11-18 A program designed to help men obtain health and fitness contains twelve week exercise and weight lifting plans menus and recipes to implement into a diet plan and information on energy bars and vitamins Men's Health Best: Weight-Free Workout Men's Health Magazine, 2005-07-28 Men everywhere want to

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