

# 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.



#### Tame Your Stress



**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.



#### Toss Out Tobacco

**It's never too late to quit.**

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.



#### Enjoy Yourself

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!

**Cooper**  
University Health Care

Content source: Centers for Disease Control and Prevention  
<http://www.cdc.gov/>

# Mens Health And Exercise Guide

**Sebastian Brünink**



## **Mens Health And Exercise Guide:**

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Mens Health And Exercise Guide** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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