

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.

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.

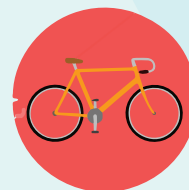
Quitting smoking has immediate and **long-term benefits.** It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

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!

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.



 **Cooper**
University Health Care

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