

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 Free Tips

N Noddings



Mens Health Free Tips:

Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Mens Health Free Tips**

In some sort of inundated with monitors and the cacophony of quick communication, the profound energy and mental resonance of verbal art often disappear in to obscurity, eclipsed by the regular barrage of sound and distractions. Yet, set within the musical pages of **Mens Health Free Tips**, a captivating function of fictional elegance that impulses with organic feelings, lies an wonderful trip waiting to be embarked upon. Composed by a virtuoso wordsmith, this enchanting opus courses readers on an emotional odyssey, gently exposing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect their captivating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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