

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 Tips Ideas

Caroline Flurey



Mens Health Tips Ideas:

Men's Health ,2008-05 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Men's Health** ,2006-03 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Talking Men's Health** Caroline Flurey,2024-07-25 This book explores male health psychology in relation to chronic health conditions Using data from men with rheumatic diseases as a starting point this book draws on the wider literature to focus on how men talk about different aspects of living with long term health issues This includes how men discuss the impact of chronic illness on their sense of control and self reliance masculine identity body image mental health sex and intimacy and for those living with a life limiting condition how they discuss facing their mortality It also covers how men self manage and what influences their help seeking behaviours Whilst men are often branded as hard to reach the author argues that when given permission and provided with the right environment men will talk about their health This book takes the stance men are under served by health services and includes suggestions for developing support services for health and mental health that meet men s needs and preferences Focussing on the experiences and support needs of men with long term conditions this is an ideal reading for clinicians healthcare professionals and practitioners working with men with long term conditions as well as early career researchers and students interested in male psychology men s health and gender and society **Men's Health** ,2006-05 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Men's Health** ,2007-04 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Men's Health** ,2008-09 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Men's Health** ,2007-03 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **The Complete Book of Men's Health** Men's Health Books,2000-08-22 Provides information on health related topics exercise diet and personal grooming *Men's Health The Six-Pack Secret* Editors of Men's Health Magazi,2011-06-03 Are you ready to take your shirt off at the beach Men s Health The Six Pack Secret will help you get there It s the magazine s newest step by step program for losing belly fat and building abs that show Drawing from the latest research in exercise physiology and nutrition it provides the most cutting edge advice and action plans for sculpting rock hard abs by the time you hit the sand What s inside workouts that can burn up 200 calories in just 8 minutes dozens of science backed secrets for boosting metabolism and targeting belly fat core workouts that will whip anyone into shape dozens of belly shedding recipes and nutrition tips and instructional photos of 50 all time best abs exercises Plus a special bonus chapter 100 world class workout secrets from America s top trainers Men s Health The Six Pack Secret is designed to help you turn stubborn belly fat into lean hard muscle Men's Health Secrets ,1994 Men's Health ,2007 Creative Forecasting ,2007 *Men's Health Today* 1999 Michael Lafavore,1999 **Men's Health Total Fitness Guide** ,2002

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