

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

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