



# Live Better: Men's Health Tips



Men should eat approx. 38g of fibre a day, swap in whole grains and add more produce.



It is important to get at least 7-8 hours of sleep a night to recharge your body.



Take 10,000 steps per day to reduce your risk of cardiovascular disease.



Having a boy's night can reduce anxiety and improve your mood.



Whenever possible try to replace animal-based fats with plant-based fats; olive oil over butter.



Soya-based products have a nutrient called isoflavones which has been linked to reduce the risk of prostate cancer. ie. tofu, chickpeas, peanuts.



# Mens Health Vs Tips

**SB Merriam**



## **Mens Health Vs Tips:**

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