

BELL

# Live Better: Men's Health Tips



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



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

ZZZ

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



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. i.e. tofu, chickpeas, peanuts.

# Mens Health Alternatives Tips

**Sarah Brewer**

## **Mens Health Alternatives Tips:**

**The Rough Guide to Men's Health** Lloyd Bradley,2013-01-01 Presents guidelines for men to lead a healthier lifestyle including advice on nutrition exercise relationships physical fitness and personal hygiene    **Men's Health Total Fitness**

**Guide 2008 Muscle Chow** Gregg Avedon,2007    **Men's Health For Dummies?** Charles B. Inlander,People's Medical Society,1999-03-23 A must read if you care at all about feeling well and staying well Ted David CNBC Network Anchor Inlander has boiled down tons of information to give us simple easy to read rules that can make us healthier and fitter Victor Cohn former Science Editor The Washington Post Includes Great Ways to Reduce the Risk of Heart Disease Take charge of your health and live longer and stronger That's the message of Men's Health For Dummies your complete prescription for lifelong wellness From staying fit and preventing disease to dealing with doctors and getting the right treatment Charles B Inlander and the People's Medical Society give you all the tools you need to feel great look great and live longer starting today Inside you'll find life enhancing advice on how to Change your diet to lower your chances of heart disease stroke cancer and diabetes Develop techniques to reduce stress in your life Recognize the signs of prostate disease Treat passing pains such as headaches indigestion colds and flu Know which vitamins and supplements can help you and which ones won't Cope with male pattern baldness Understand and prevent sexual problems such as infertility and sexually transmitted diseases Choose a medical plan and doctor to suit your specific needs    *Men's Health Today 2000* K. Winston Caine,2000

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## **Mens Health Alternatives Tips** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Mens Health Alternatives Tips**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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