

Top health tips for men



Men can make simple lifestyle changes to help ward off disease, become more fit, and live a healthier life. This doesn't require a complete overhaul of your daily routine. There are numerous things you can do every day to improve your health and stay healthy. Here are the top tips to help you get started:



Have regular checkups and see a doctor even if you feel okay. Get preventive screenings like prostate cancer, colon cancer, and bone density tests.



Know your family health history and share it with your doctor to help identify and manage any increased risks.



Take care of your heart. Work with your doctor to monitor your blood pressure, cholesterol, and other risk factors. Discuss heart-healthy lifestyle habits like getting regular exercise, eating right, and limiting alcohol.



Pay attention to your body and don't ignore concerning symptoms. See a doctor promptly if something doesn't seem right.



Seek help for stress or depression. Your emotional well-being is just as important as your physical health. If you're experiencing high levels of stress or signs of depression, don't hesitate to reach out for support.



Eat a balanced, nutrient-rich diet focused on healthy foods like vegetables, fruits, lean proteins, and whole grains.



Limit alcohol and quit tobacco. Men who have more than 2 drinks daily are at higher risk for certain diseases, such as cancer. Tobacco use is the leading cause of preventable disease, disability, and death in the United States.



Prioritize physical activity and mix up your workout routine. Aim for at least 30 minutes of exercise per day, including both cardio and strength training.



Strive for good sleep. Aim to get between 7.5 and 8.5 hours of quality sleep per night.



Make time for enjoyable activities and hobbies to help manage stress and maintain a positive outlook.

By implementing these simple lifestyle changes, men can take proactive steps to improve their overall health and well-being.



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