









# Top health tips for men

Men can make simple lifestyle changes to help ward off disease, be more fit and live a healthier life. There are numerous things you can do every day to improve your health and stay healthy. **We've compiled the top tips to help you get started.**

-  **Select a doctor.** Having a doctor who you see regularly can help monitor any changes to your health.
-  **Get preventive screenings.** Talk to your doctor about when and how often to have the following screenings based on your specific risk factors, family history and age: prostate cancer screening, colon cancer screening, bone density screening for osteoporosis.
-  **Take care of your heart.** Your doctor can help you monitor your blood pressure, cholesterol, and other risk factors and discuss heart-healthy lifestyle habits. *Mayo Clinic, 2018*
-  **Perform testicular self-exams regularly.** Check for lumps and nodules. *ACS, 2018*
-  **Eat balanced meals.** Follow this simple rule: Make half your plate fruits and vegetables, one quarter protein, and one quarter grains at each meal.

-  **Stay on top of mental health.** It's important to talk to someone or seek help if you're stressed, anxious, feeling depressed or if you think something else might be wrong. The suicide rate among men is nearly four times higher than among women. *National Institute of Mental Health, 2017*
-  **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. *CDC, 2019*
-  **Exercise regularly.** Strive for both resistance training (at least 2 days per week) and cardio activities (at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity).
-  **Strive for good sleep.** Aim to get between 7.5 and 8.5 hours of quality sleep per night.

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