

RESILIENCY

LIFESTYLE RECOMMENDATIONS TO ENHANCE MEN'S HEALTH

Men are at risk for a variety of health issues and are significantly less likely to report symptoms to their healthcare providers, when compared to women. With Men's Health Month in June, now is the perfect time to focus on men's health risks and proactive steps for prevention using these tips.

1. **Load up on antioxidants.** Antioxidants have a variety of health benefits, including cancer prevention. Add a cup of fruit to your breakfast, include extra vegetables in your sandwich or dinner plate, and choose nuts and seeds as a snack.
2. **Move your body.** Regular exercise can reduce inflammation, improve blood flow, and regulate hormones like testosterone. The current exercise standard for men is 150 minutes of moderate/vigorous exercise every week.
3. **Prioritize 7-9 hours of sleep each night.** Adequate and consistent sleeping patterns have been shown to promote overall health and wellbeing by improving immune and brain function.
4. **Practice self-care.** Taking care of your mental health by designating time to do things that you enjoy is beneficial in reducing stress and improving mood and sleep. Some examples include enjoying a favorite hobby, spending time with friends or family, or connecting with nature.
5. **Get an annual physical.** There are a variety of screening tools and tests that can detect early signs of cancer and other health conditions, and getting screened regularly can help prevent or provide early detection and treatment of these conditions.



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