



Quick men's health guide

Tips to live your healthiest life



Eat smart for your heart

Choosing the right foods for your body can help you keep health issues under control and help you maintain a healthy weight. Here are some easy-to-follow heart health tips:

- Add more omega-3 fatty acids to your diet. They're essential fatty acids your body needs to work normally. Include them easily by eating foods like fish, almonds and flax seeds.
- Limit your sugar intake and cut out processed foods and soft drinks.
- Eat at least two cups of fruit and three cups of vegetables daily.



Stay active for better overall health

Exercising can help you reduce blood pressure and give you more energy while strengthening your body. Just 30 minutes of exercise a day can have great health benefits. And you don't have to do all 30 minutes at once. Give these a try:

- Walking or riding your bike in a hilly neighborhood can help you break a sweat and raise your heart rate to maximize the benefits of your exercise.
- Running, swimming laps and other intense exercises can help you maintain a healthy body weight and lower your risk for heart attacks or strokes.
- Gardening, going up the stairs instead of using the elevator or parking far away when you go to a store can help you squeeze extra physical activity into your day.



Sources

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Get your checkups

As you get older, your risk to develop diabetes, testicular or prostate cancer and heart issues increases. Regular checkups can lower those chances. Early detection can save your life. Here are a few things you can do:

- Schedule preventive checkups every year.
- Know your family's health history.
- Get regular cancer screenings.
- If you're a smoker, talk to your doctor about your options to quit.



Keep an eye on depression

Feeling low from time to time is normal, but depression is a serious issue. Knowing what signs to look for will help you recognize it and seek help. Some symptoms of depression in men include:

- Anger, irritability or aggressive behavior.
- Feeling anxious, restless, sad or dissatisfied.
- Loss of interest in work, family or hobbies.
- Problems with sexual desire and performance.
- Consuming alcohol and drugs or engaging in risky behavior.
- Thoughts of suicide or suicide attempts.
- Becoming isolated from friends and family.

If you're feeling depressed, see a doctor immediately and remember to:

- Tell loved ones how you feel to get the support you need.
- Avoid isolating yourself from others.
- Surround yourself with people who are helpful and positive.
- Set realistic goals so you don't feel overwhelmed.



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