

Men's Health

June is Men's Health Month. Here are 8 must-know health tips for men:

Step Away From Your Desk

Sitting for prolonged periods of time is linked to larger waistlines, higher blood pressure, lower levels of "good" HDL cholesterol, increased levels of triglycerides, and higher levels of inflammation.

Understand Your Sleep Issues

Common sleep problems, like difficulty falling asleep and frequent loud snoring may be signs of future health conditions.



Keep Game Rage in Check

Watching a stressful sporting event can raise the risk of a heart attack and even death in people with cardiovascular risk factors.

Choose Foods with Calcium

The RDA for calcium is 1,000 mg for men between the ages of 19 and 50, and 1,200 mg for men over 50.

Slim Down

Try making lifestyle changes, like following a heart-healthy diet and exercising regularly to help you slim down.

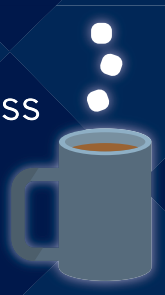
Eat Your Broccoli

Sulforaphane, a chemical found in broccoli and other cruciferous vegetables, may help prevent the development of prostate cancer.



Skip the Sugar

Men should aim for less than 37.5 grams of added sugar a day.



Don't Let Fertility Concerns Impede Your Workout

Contrary to popular belief, regular vigorous exercise does not have negative effects on sperm.



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