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SP526-K-For Men Only - Self-Care Health Tips

The University of Tennessee Agricultural Extension Service

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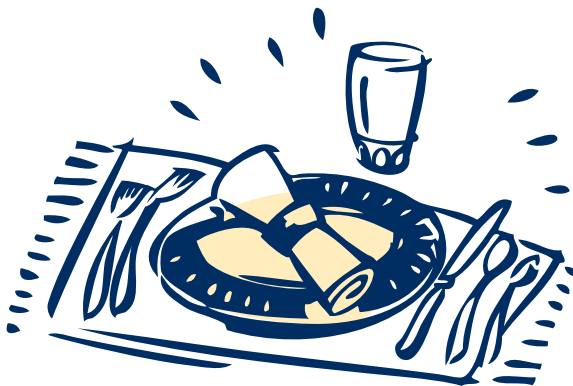
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Fuel Up With Good Food

- Drink water or unsweetened beverages instead of sugar-sweetened beverages.
- Watch portion sizes, especially when eating away from home.
- Limit calorie-rich foods.
- Eat less high-fat foods.
- Fill your plate with whole grains, fruits and vegetables.
- Limit fast foods.
- Eat breakfast.



Get Plenty of Exercise

- Develop your daily exercise plan.
- Build up daily 30 minutes of exercise, five or more days a week.

- Pick activities you enjoy.
- Do stretching, aerobic and strength-building exercises.

Balance Your Life

- Learn to say "no."
- Know stressors in your life.
- Think positively.
- Accept that change occurs as you grow older.
- Pursue hobbies.
- Make time for yourself and your family.
- Have realistic expectations.

For more information on men's wellness, contact:

Visit the UT Extension Web site at <http://www.utextension.utk.edu/> and the Family and Consumer Sciences Web site at <http://www.utextension.utk.edu/fcs/>

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University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
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For Men Only: Self-Care Health Tips



A wellness publication written by
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Professor
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Heart disease and cancer of the colon and prostate are major health problems for men. You can protect your health by learning self-care skills and making lifestyle changes. (✓) Check those health actions you plan to try:



Take Prevention to Heart

- Do monthly testicular and skin self-exams.
- Have regular medical checkups.

- Check for heart disease, diabetes, prostate and colon cancer.
- Have regular dental and eye exams.
- Maintain a healthy weight.
- Aim for ½ to 1 pound per week if losing weight.

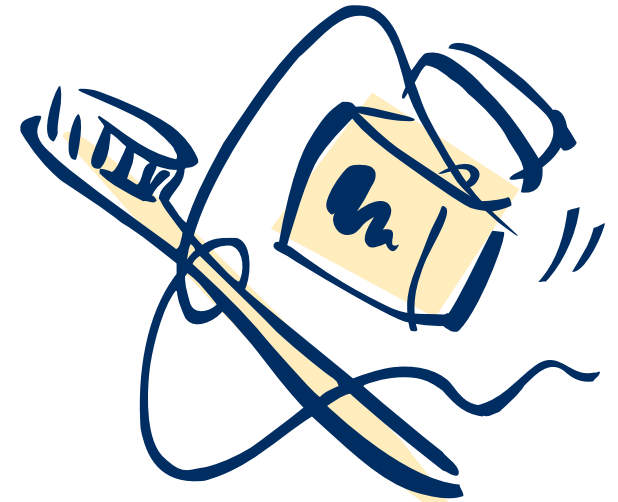
Know Your Numbers

- High blood pressure is 140/90 mm Hg or greater.
- Desirable blood cholesterol is below 200 mg/dl.
- Body fat should be 12 percent to 22 percent.
- Watch your weight.
- Blood glucose of 110 to 126 mg/dl indicates high risk for diabetes.

Protect Yourself

Safety:

- Wear seat belt or helmet.
- Wear safety equipment.
- Don't drink alcohol and drive.
- Don't smoke or chew tobacco.
- Lift with your legs, not your back.



Health:

- Use bug repellent to avoid insects.
- Wear sunscreen with SPF 15 or greater and a hat to protect against skin cancer.
- Practice safe sex to protect against sexually transmitted diseases.
- Brush and floss daily.
- Get adequate rest.
- Know what your health insurance covers.
- Use both prescribed and over-the-counter medications as directed.
- Keep vaccinations up-to-date.
- Establish a partnership with your healthcare provider.
- Protect against carpal tunnel syndrome and posture problems at the computer or in repetitive tasks.