University of Tennessee, Knoxville
Trace: Tennessee Research and Creative Exchange

Health, and Fitness

UT Extension Publications

9-1-2008

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

The University of Tennessee Agricultural Extension Service

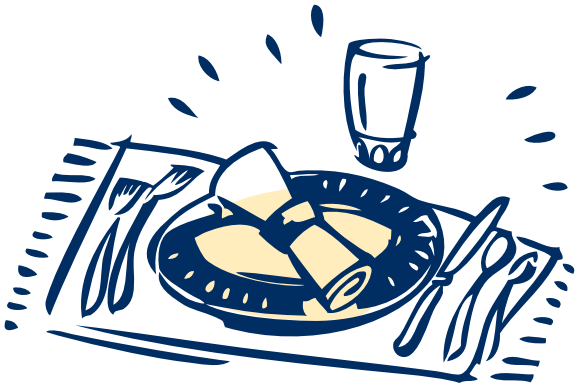
Follow this and additional works at: http://trace.tennessee.edu/utk_agexheal

Recommended Citation
"SP526-K-For Men Only - Self-Care Health Tips," The University of Tennessee Agricultural Extension Service, SP526K-10M-9/08(Rev) E12-5315-00-003-09, http://trace.tennessee.edu/utk_agexheal/27

The publications in this collection represent the historical publishing record of the UT Agricultural Experiment Station and do not necessarily reflect current scientific knowledge or recommendations. Current information about UT Ag Research can be found at the UT Ag Research website.
This Family Health is brought to you for free and open access by the UT Extension Publications at Trace: Tennessee Research and Creative Exchange. It has been accepted for inclusion in Health, and Fitness by an authorized administrator of Trace: Tennessee Research and Creative Exchange. For more information, please contact trace@utk.edu.

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/

SP526K-10M-9/08(Rev) E12-5315-00-003-09
Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

UT Extension
SP526K

For Men Only: Self-Care Health Tips

A wellness publication written by
Barbara (Bobbi) P. Clarke, PhD, RD
Professor
Community Health Education

THE UNIVERSITY of TENNESSEE

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.

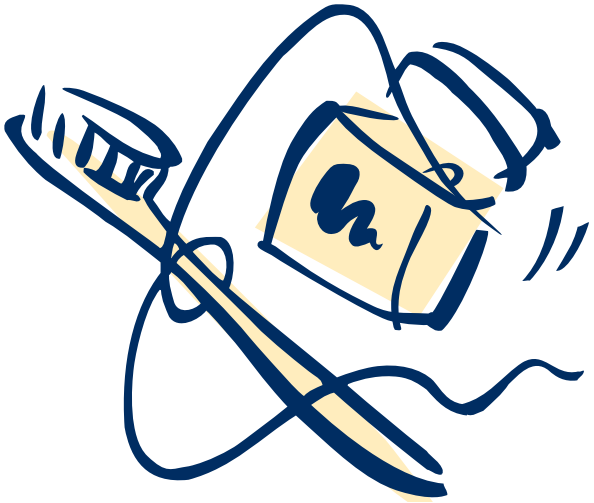
Know Your Numbers

- ❒ 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.