



Fact Sheet

Man up: Make healthier choices

If they were honest about it, most men would probably agree – they have room to improve their health. Compared to women, men are more likely to smoke, drink alcohol, make unhealthy choices, and put off medical care. But there are things men can do to improve their health and live longer.

Sleep Tight – Not getting enough sleep can lead to accidents and chronic diseases and conditions like diabetes, heart disease, obesity and depression. Most men need 7-9 hours of sleep each night.

Toss the Tobacco – Stopping tobacco use has both immediate and long-term benefits. It improves health and lowers the risk of heart disease, cancer, lung disease, and other illnesses. It also protects others from breathing in poisonous secondhand smoke. It's never too late to quit.

Play Hard – Men need about 30 minutes of moderate-intensity aerobic activity every day, and muscle building activities that work all the major muscle groups at least two days a week. Take the stairs. Do push-ups. Swim. Walk to lunch. Push your child in the swing. Play ball with your daughter.

Eat Smarter – Eat a variety of fruits and vegetables every day and cut back on sugar, salt, fat and alcohol.

Stress Less – Stress that makes you feel overwhelmed and out of control is not healthy. Build a strong support system, connect with people, and find ways to reduce the stress in your life.

See Your Doc – See a health care provider for regular checkups. Many of the major health risks men face – such as heart disease and colon cancer – can be prevented or treated with early diagnosis.

Make healthier choices so you can live longer with the people you care about. Learn more at www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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