

LIVE A LONGER, HEALTHIER LIFE

8. Drink alcohol in moderation. How much is too much? For most men it is more than 2 drinks per day and 14 drinks per week. If you already have high blood pressure, it is even more important to reduce your alcohol intake.
9. Take good care of your mind. Many men overlook mental health as a concern, but stress, anxiety, depression and suicide can be prominent among men. Participate in stress reduction activities such as meditation, yoga or any sport you enjoy. Do not be timid about seeking assistance – a doctor is one resource among many.
10. Manage your health. Taking care of others can come naturally to men – do not forget about yourself. If you do not have a family doctor, try to find one, go to a walk-in clinic or at the very least, take a self-risk assessment test (aboutmen.ca). Be open with your doctor about any health concerns you may have, and let your doctor know your family health history.

Learn More

For more information about how to improve your overall health, talk to a doctor. As well, be sure to check out the resources at aboutmen.ca

ADD 10 HEALTHY YEARS TO YOUR LIFE: TOP 10 STEPS



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DID YOU KNOW:

Laughing lowers stress hormones (like cortisol, epinephrine, and adrenaline) and strengthens the immune system by releasing health-enhancing hormones



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Top 10 Steps

Making a few lifestyle changes now can have a big impact on your health, your happiness, and the length and quality of your life. Here are 10 tips to add up to 10 healthy years to the middle of your life.

1. Drop some pounds, especially belly fat. Find out your body mass index (BMI is a measurement of body fat based on height and weight) and check to see if it falls into a healthy range. As well, measure your waist circumference: you need to lose fat if it is over 102 cm (40 inches) for men of Caucasian, African, European or Middle Eastern descent. That number is 90 cm (35 inches) for men of Asian and ethnic Central and South American descent.
2. Eat more vegetables and fruits; reduce salt and sugar. These are the best first steps to improving your diet. Aim for 5 to 10 servings of fruit and vegetables a day. To cut down on salt, eat less packaged foods and restaurant meals. Give up sugary sodas and save desserts for a special treat.
3. Be more physically active – 30 minutes of physical activity 5 times a week is a good target. You can go to the gym, ride your bike, take a yoga class or participate in any sport you enjoy. Even things like gardening, walking and household chores are beneficial... really!

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4. Quit smoking. We all know that smoking is bad for us, but 20% of men still smoke. Changing long-term habits can be hard, but there are resources to help you quit – talk to a doctor.
5. Check your blood pressure. Men of all ages, even under age 30, can have high blood pressure. Statistic shows 20% of Canadians have high blood pressure, but almost half of them do not know it because there are no symptoms. Know the number:
 - 120 over 80 is normal
 - 120-139 over 80-89 is a big higher than recommended, but still in the normal range
 - 140 over 90 is considered high

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6. Check your cholesterol. Many men do not know they have high cholesterol. Sometimes, high cholesterol can strike, not because of persistent unhealthy behaviors, but for genetic reasons, so know your family history. Ask a doctor about having your cholesterol level tested, especially if you are over 40 – it is a simple blood test.
7. Watch out for diabetes. Adult-Onset Diabetes in men is on the rise. It increases your risk of many other health problems, but can be prevented with a healthy diet and lifestyle.

