



**mensHEALTH**  
INITIATIVE

# 10 STEPS TO ADD 10 YEARS

**Adding 10 more healthy active years to the life of every man is the goal of the Men's Health Initiative (MHI). Keep it simple and succeed. Tackle these 10 lifestyle changes one at a time and commit to taking that first step to a longer, healthier, more fulfilling life.**

## 1. LOSE THE BELLY FAT

Guys a big waist is just bad. Losing weight is important to a healthy lifestyle. Visit [AboutMen.ca](http://AboutMen.ca) to calculate your body mass index (BMI) to see if falls into a healthy range.

## 2. MORE FRUIT. MORE VEGETABLES. LESS SALT. LESS SUGAR.

The most important thing a man can do to improve his diet is to aim for 5-10 servings of fruit and vegetables per day. Reduce your salt by eating less packaged foods. Reduce your sugar by easing up on pop and energy drinks. Reduce both by eating less junk food.

## 3. GET ACTIVE

Aim for 30 minutes of activity everyday. Go to the gym, ride your bike, yoga, walking, tennis, any sport you enjoy. Even gardening and household chores are beneficial.

## 4. QUIT SMOKING

We all know smoking is bad for us. Unfortunately 20% of men still smoke. Changing long-term habits can be hard, however there are resources and support to help you quit.

## 5. KNOW YOUR BLOOD PRESSURE

20% of Canadian's have high blood pressure, but almost 1/2 of them don't know it because there are no symptoms. Men of all ages can have high blood pressure.

## 6. CHECK YOUR CHOLESTEROL

Many men don't know they have high cholesterol. It's a simple blood test, so ask your doctor about getting tested especially if you are over 40.

## 7. DIABETES ALERT

Diabetes in men is on the rise and it increases your risk of many health problems. Prevent diabetes with a healthy diet and lifestyle.

## 8. BOOZE

A beer on game day. A glass of wine with dinner. Both are okay, but how much is too much? Two drinks per day should be your maximum, and no more than 14 drinks per week. Moderation is key and even less is better.

## 9. HEAD HEALTH

Men overlook mental health as part of their health concerns. Depression and suicide are prominent in men, as are stress, anxiety, but men are reluctant to seek help for themselves. Don't be timid about seeking assistance – your doctor is one resource among many who can help with your head health.

## 10. MANAGE YOUR HEALTH

If you don't have a family doctor – find one. Talk to your doctor about any health concerns and health risks. Know your family history and share it with your doctor.

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The Men's Health Initiative is committed to helping men live longer, healthier, more fulfilling lives.

For more information about this and other male health related issues, check out our web site: [AboutMen.ca](http://AboutMen.ca)

MHI is not-for-profit, and we depend on your support. If you can help, please visit our web site for more information on donations.

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