

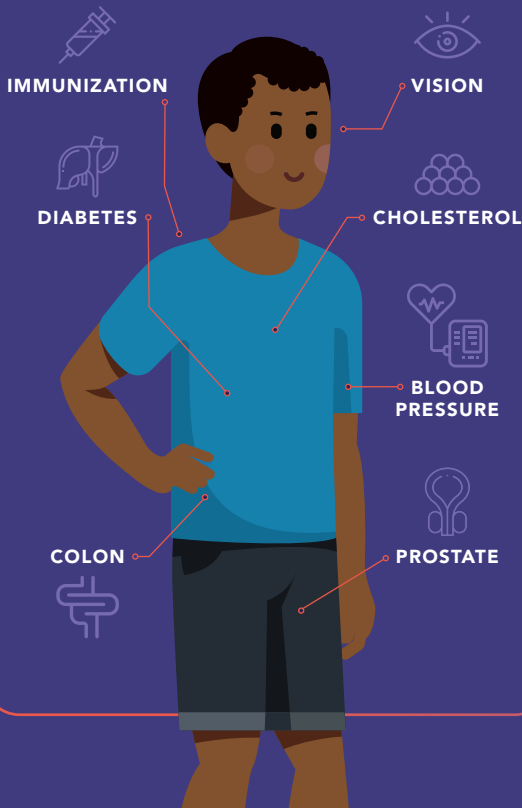
PREVENTATIVE HEALTH *Awareness* FOR MEN

HERE ARE A FEW GREAT PLACES TO START
ON YOUR JOURNEY TO A LONGER
HEALTHIER LIFE:



- ✓ Managing stress
- ✓ Limiting alcohol consumption
- ✓ Being active
- ✓ Maintaining a healthy weight
- ✓ Eating a healthy diet
- ✓ Avoiding tobacco products

Common Screenings



DID YOU KNOW?



GENETICS VS. LIFESTYLE

Only 30% of a man's overall health is **DETERMINED BY HIS GENETICS**. 70% is controllable through lifestyle.¹



GETTING MORE SLEEP

Men who **SLEEP 7-8 HOURS A NIGHT** have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.¹



GOING FOR A WALK

Men who **CLIMB 50 STAIRS OR WALK FIVE CITY BLOCKS A DAY** may lower their risk of heart attack by 25%.¹



HEALTHY EATING

HEALTHY EATING can help to prevent prostate cancer.²



EARLY DETECTION

When **COLORECTAL CANCER** is found early, it can often be cured.³