

# PREVENTATIVE HEALTH Awareness

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

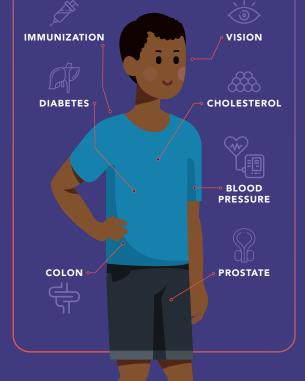




### **GENETICS VS. LIFESTYLE**

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

# Common Screenings





# **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.<sup>1</sup>



## 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.<sup>2</sup>



## EARLY DETECTION

When **colorectal cancer** is found early, it can often be cured.<sup>3</sup>



- 1. https://dontchangemuch.ca/7-health-facts-men-need-know/
- https://www.mayoclinic.org/diseases-conditions/prostate-cancer/in-depth/prostate-cancer-prevention/art-20045641
- 3. https://www.cancer.net/cancer-types/colorectal-cancer/statistics

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