



# Health guidance for guys

Lifestyle changes can help prevent many health conditions that commonly affect men. Whether you're a guy who's ready to get serious about your health, or a woman who wants to help keep the men in your life healthy, these tips are for you.

## Take charge of your health

See your doctor regularly, and talk about healthy habits that can reduce your risk for cancer and heart disease. Knowing your family health history – and sharing it with your doctor – can also help you stay healthier, longer.

## Watch your waist

Regardless of your weight, a waist that measures more than 40 inches increases your risk for heart disease, type 2 diabetes, and colorectal cancer.\* Help reverse your risk by reducing your waistline through healthy eating and exercise.

## Check your head

Mental health matters. Stress impacts your health, so make time for healthy ways to unwind. And if you're dealing with something like depression or anxiety, don't hold it in. Reaching out for help is a sign of strength – not weakness.

**Ready to make some healthy changes?**

\*Academy of Nutrition and Dietetics



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