

Men's Health Week: June 15th-21st

MEN'S HEALTH AWARENESS



TOP 7 HEALTH TIPS

- 1. Have regular checkups even if you feel okay.**
 - 2. Schedule an appointment with your doctor when something doesn't seem right.**
 - 3. Know your family history and share it with your doctor.**
 - 4. Exercise at least 30 minutes a day, 5 days a week.**
 - 5. Give yourself permission to take a break.**
 - 6. Ask your doctor about cancer screenings.**
 - 7. Stop smoking.**
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FOODS TO BOOST MALE HEALTH

- **Oysters:** Offer a full day's supply of zinc, which may protect against prostate cancer.
 - **Fatty Fish:** Polyunsaturated fats can benefit the heart, circulation and immune system and reduce the risk for prostate cancer.
 - **Plant Stanols:** Stanols are naturally occurring substances in fruits and vegetables that have been shown to lower mildly elevated blood cholesterol levels.
 - **Whole Grains:** Can help lower LDL or "bad" cholesterol, and are also good for prostate and muscle health.
 - **Bananas:** Great source for quick energy! They can also help aid your immune system, nervous system, and assist with protein metabolism.
 - **Broccoli:** Cruciferous vegetables are helpful in the prevention of heart disease and cancer.
 - **Brazil Nuts:** These are packed with antioxidants that may help prevent heart disease.
 - **Berries or Cherries:** These may help slow the decline in brain function that can occur with aging.
 - **Soy Beans:** Soy is rich in isoflavones, which protect prostate health and have been shown to lower the risk of prostate cancer.
 - **Red-Orange Vegetables:** Nutrients from bell peppers, carrots, pumpkin or sweet potatoes help preserve healthy skin cells and prevent oxidation from the sun.
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