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MEN'S MAINTENANCE GUIDE

HEALTH MAINTENANCE FOR MEN

Men's Health Guide

- Routine Screenings
- Mix of resistance and cardio-based exercise
- Stretching for longevity
- Sleep
- Skin protection



Screenings to Consider

- Heart: blood pressure and cholesterol
- Skin: self-screen and visit with dermatologist
- Dental: annual or bi-annual teeth cleanings
- Preventative: flu shots and other vaccinations
- Prostate: consider family history and pursue regular screenings starting at age 40 (higher risk) or 50 (normal)
- Colorectal: begin annual screenings at age 50 unless family history suggests earlier
- Testosterone checkups



“Nothing happens until
something moves.”

-Albert Einstein





Exercise: Mix it up!

- **Resistance:** build and maintain lean mass; keep bone mass
- **Cardio:** increase efficiency of cardiovascular and respiratory systems
- **HIIT training:** a hybrid of both resistance and cardio that can provide mutual benefits, and often in less time!
- **Incorporate stretching and/or yoga into normal routine to maximize flexibility and improve performance in other areas**

An illustration of a person with blonde hair, wearing a blue long-sleeved shirt and light-colored pants, sleeping in a bed. The person is lying on their side, facing left, with their head on a white pillow and their hand resting on a light brown blanket. The background is a dark grey wall.

Sleep to live

Quantity

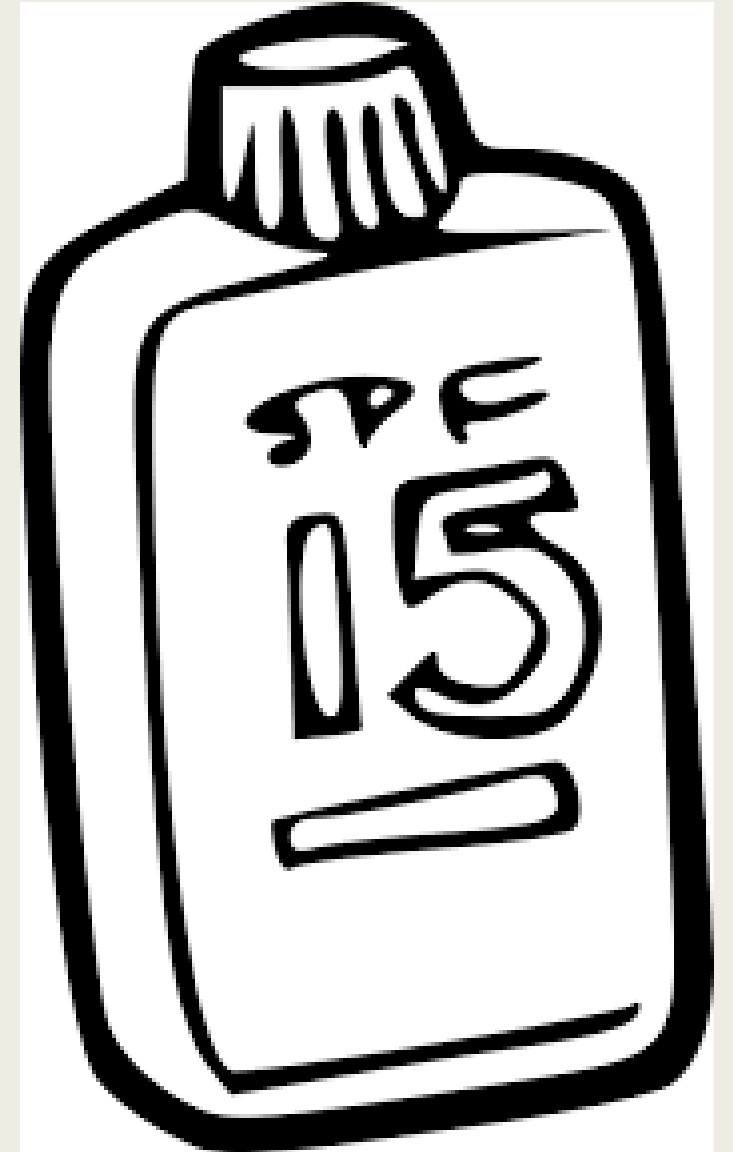
- *Most men do well with 7-9 hours of sleep and see 60% reduction of heart attack*

Quality

- Sleep hygiene is crucial:
- Reduce screen time prior to bedtime
- Keep a cool environment
- Limit caffeine and alcohol within 2 hours of sleep

Protect Your Skin

- Skin cancer, the most common cancer in US and more common in men
- Between the hours of 10AM and 4PM
 - *Seek shade when possible*
 - *Apply sunscreen of SPF15 or more every 2 hours when outside*
 - *Wear protective clothing, sunglasses, and headgear*
- Monitor Vitamin D levels
- Routine skin cancer screenings with dermatologist



References

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**Corporate
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