

NEA HEALTH TALK



MEN'S HEALTH

5 Effective Habits of Healthy Men

June is Men's Health Month, so what better time than now to start working toward better health? While this may seem like a daunting task, there are some simple yet effective habits you can adopt, that can have a positive impact on your body. Implement these five habits of healthy men to get started.

Be Proactive About Checkups

Did you know that more than 50% of men don't get regular checkups like they should? Because of this, many men don't realize they are at risk for certain diseases like high blood pressure or diabetes. This is because these conditions among others may not show any symptoms right away. Speaking with your doctor about your family's health history, as well as your own personal health history, can help

him develop specific recommendations for what screenings you should have and how often. Getting a regular checkup also gives you the opportunity to speak with your doctor about specific concerns or questions you might have about your health.

Get Quality Sleep

Sleep is much more important than many men realize. Not only does it provide the energy you need throughout the day, but it also leads to a variety of health benefits like rejuvenating your body, helping with weight loss, and reducing stress. Experts recommend getting at least seven hours of sleep each night. Develop a nightly routine, avoid caffeine and electronics right before bed, and make your room dark and relaxing in order to get the best chance at a good night's rest.

Adjust Your Diet

Diet is important for all facets of your overall health, especially your heart. Obesity can lead to other issues like diabetes and heart disease. Many men are hesitant to begin dieting or adjust their eating habits because they feel like they might not feel satisfied, but by snacking appropriately, including the right kinds of fats and proteins in each meal, and not skipping out on meals altogether, men can maintain a healthy weight while also feeling great.

Improve Your Fitness Regimen

Fitness is often not a big concern for men because more men tend to exercise than women. However, in reality, almost half of all men do not exercise on a regular basis. Another common mistake is relying solely on

weightlifting as a fitness regimen. While this does build muscle, it is important to take part in cardiovascular exercise as well. Increasing your heart rate with cardio can help improve your overall heart health, and a routine fitness plan can help you prevent a variety of other diseases, like diabetes.

Address Bad Habits

Smoking and drinking are two common habits men partake in that can have a negative impact on their health. Alcohol should only be consumed in moderation. If you are currently a smoker, take the time to reach out for help with quitting. There are many different smoking cessation techniques to try and with the right support, you can have a large, positive impact on your health.