

# Supporting the Health of the Male Body

Heart disease and cancer are the biggest threats to men today, followed by lung disease, stroke and diabetes. Yet men's health is much overlooked, which means health issues are often not detected early, and may even have been avoided. Men, here are some tips for boosting your health:

## 1. Take care of your heart

Regular blood pressure checks are crucial to prevent heart disease. Other important measures include:

- Eating plenty of fruits, vegetables, lean proteins, healthy fats and whole grains, and avoiding sugar, saturated fats and too much salt.
- Getting at least 150 minutes of moderate exercise a week.

## 2. Keep an eye on your prostate

The older you get, the more you're at risk for prostate cancer.

- Go for regular screenings if you're over the age of 50.
- Eat plenty of vegetables and healthy fats.

## 3. Watch the scale

Being overweight or inactive can lead to hypertension, diabetes or metabolic syndrome.

- Watch your intake of sugary drinks, alcohol, processed and fatty foods.
- Move your body and get fresh air.

## 4. Don't be shy about sexual health

If you're experiencing issues such as erectile dysfunction, speak to your healthcare provider.

- Talk honestly to your partner.
- Follow a balanced diet and exercise regularly, limiting alcohol and avoiding smoking.

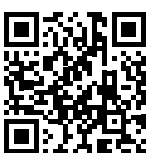
## 5. Master your mental health

Societal factors often contribute to an unwillingness by men to discuss their problems.

- Speak honestly about stress, anxiety or depression, and consider seeing a therapist.
- Engage in healthy stress-relief practices, such as being outside and spending time with loved ones.

## Bottom line

It doesn't make you less of a man for being mindful of your health. If you have any concerns about your health, reach out to your EWP.



Toll-free:  
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