

52 Weeks to Health: June is Men's Health Month

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As we celebrate Father's Day, encourage the Dad or man in your life to take action to be healthy and safe. Here are "tools" to make your health a priority.

Celebrate National Men's Health Month

Take action to be healthy and safe and encourage men and boys in your life to make their health a priority.

Get Good Sleep

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

Toss out the Tobacco

It's never [too late to quit](#). Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Also avoid [secondhand smoke](#). Inhaling other people's smoke causes health problems

similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

- Smoke-free.gov
- [Protecting Our Children from Secondhand Smoke](#)
- [Tips from Former Smokers](#)

Move More

Adults need at least [2½ hours](#) of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Stay on Top of Your Game

See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor or nurse. Don't wait!

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.

- [High Blood Pressure](#)

- [Checking Your Blood Glucose](#)
- [Cholesterol](#)
- [BMI](#)

It is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, [eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables](#) a day can lower weight and reduce heart disease and diabetes. Second, [exercising about 30 minutes per day](#) can lower blood pressure. Third, [avoiding the use of tobacco products](#) can reduce several types of cancer. Finally, making sure you get your [needed preventive screenings](#) can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your [recommended vaccinations](#) can prevent acquiring disease in the first place.