

A monthly wellness newsletter from Better You

Guys: Is it time for a tune-up?

Are you taking better care of your car than your body? June is Men's Health Month, and like your car, your body needs upkeep to continue running smoothly.

Skipping your annual wellness checkup is like never changing your car's oil and can lead to problems down the road. Men tend to avoid screenings and exams, but catching problems early is key to easier and less expensive treatment.

Here are five steps to stay healthy and reduce your health risks:

1. See your doctor for checkups and screenings. Screenings may include blood tests, blood pressure checks, and testicular and prostate checks.
2. Nicotine harms your heart. It constricts your blood vessels and increases the risk of heart disease. If you smoke, talk to your doctor and visit [smokefree.gov](https://www.smokefree.gov) or click the [self-referral form](#) (Floridians only) for help quitting.
3. Limit alcohol to two drinks a day. Alcohol increases your blood pressure and your risk of stroke.
4. Lose extra weight to ease strain on your heart and lower your risk of diabetes. Just a modest 5-10% weight loss can improve your health.
5. Get moving! Just like your car, you are designed to move. Any amount of physical activity is beneficial, but aim for 150 minutes of



exercise each week, and add strength training twice a week to maintain muscle.

Treat your body like a finely-tuned race car and take care of your body. It's your most important machine!

For more information about preventive care, visit the [Centers for Disease Control and Prevention](https://www.cdc.gov).

Resources: [CDC.gov](https://www.cdc.gov); [Cancer.gov](https://www.cancer.gov)