



9 wellness tips for men

Did you know men are less likely than women to see a doctor for regular checkups? To reduce major health risks, try these nine suggestions:

- 1. Eat whole foods.** Fresh fruits and veggies, whole grains, plant-based fats, and lean sources of protein are foundational for physical health.
- 2. Choose Omega-3s.** Omega-3 fatty acids found in foods such as salmon, sardines, walnuts, and flax seeds provide a wide range of health benefits, including reduced inflammation and lower risk factors for heart disease.
- 3. Refresh your fitness routine.** Switch up your workouts by swapping your cardio regimen for more strength-training.
- 4. Make primary care a priority.** You can expect your primary care provider to get to know you, recommend preventive care appointments, and advise you on how to stay physically and mentally fit.
- 5. Stop smoking.** Tobacco use causes damage to your heart, lungs, and nearly every organ there is, and second-hand smoke affects everyone around you.
- 6. Consider switching to mocktails.** Drinking any amount of alcohol has been linked to several types of cancer for men, including mouth, throat, rectum, and liver.
- 7. Talk it out.** Explore ways to express your thoughts and identify whatever it is you're feeling. Maintain close ties with friends, and ask a healthcare professional for advice during tough times.
- 8. Protect your skin.** Frequent sun exposure increases your risk of melanoma and premature wrinkling. Apply sunscreen whenever you plan to be outside for more than an hour.
- 9. Practice financial fitness.** Establish a workable budget and set up a savings plan to create a sense of satisfaction while planning for your future.



**Learn more
about wellness**

Go to
Blog.PacificSource.com

