



5 Tips for Men's Wellness

To all the men out there, consider these five tips to improve your overall health and wellness:

- 1. Focus on whole foods**—To keep chronic illness away, eat plenty of fresh fruits and veggies, plant-based fats, whole grains, and lean sources of protein.
- 2. Refresh your fitness routine**—If you've been repeating the same workout routine, consider switching things up—and be sure to alternate between cardio and strength-training.
- 3. Make primary care a priority**—Establish a relationship with your doctor. A primary care provider can help establish current and long-term health goals.
- 4. Cheers to moderation**—What's the healthy amount of alcohol? No more than two servings a day, which is the equivalent to two 12 oz. beers or two 5 oz. glasses of wine.
- 5. When in doubt, talk it out**—Emotional well-being is just as important as physical health. Healthcare professionals can provide options and advice during tough times.

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