

Global Wellness Monthly

June

7 Steps to a Longer, Better Life

And guess what? Many of the factors that affect your health are within your control. Let's look at seven ways you can live a healthier — and maybe even longer — life.

1. **Get moving.** Just over half of adult men meet the recommended levels of aerobic (endurance) exercise. So, half of men do not meet those levels. Being active may help you manage weight, ward off some chronic diseases, keep bones stronger and improve mood.

Strive for at least 150 minutes per week of moderate-intensity endurance exercise (brisk walking, biking) and two or more days a week of muscle-building exercises that work all the major muscle groups — legs, hips, back, abdomen, chest, shoulders and arms.

2. **Eat a healthy diet.** Make sure it's rich in fruits, vegetables, whole grains and low-fat dairy. Limit added salt and added sugars. Vary your protein sources between lean meats, dried beans and peas, and seafood.
3. **Maintain a healthy weight.** Balancing calories is key. Eat and drink fewer calories than you burn in a day to lose weight. Try eating nutrient-dense foods that will fill you up, exercising on all or most days of the week, and controlling your portions.
4. **Get preventive care.** This includes screenings, vaccines and counseling. A screening checks for any signs of diseases. Screenings can help find warning signs or catch a disease early so it can be more easily treated. Recommendations may be based on your age, health and family history. Your doctor may screen for cholesterol, blood pressure, cardiovascular disease, diabetes, colorectal cancer, obesity, sexually transmitted diseases or depression.

A vaccine can help protect you from getting a disease. The flu vaccine is recommended for almost everyone six months and older. There's also a vaccine to help prevent pneumonia and hepatitis B. Make sure you're up-to-date on all your vaccines.

Counseling is the third part of preventive services. It is open communication with a health care provider. Topics might include stress, smoking or alcohol use, obesity, or concerns about depression, anxiety or other behavioral health issues.

5. **If you use tobacco, take steps to quit.** About one in five adult men still use tobacco despite the health risks. Tobacco smoke affects almost every part of your body. You're more likely to get certain diseases, have weaker bones or suffer from erectile dysfunction. And smokeless tobacco carries risks as well.

Every day you don't smoke can help your body recover. Your doctor can help you develop a quit plan and may suggest medications to wean you off nicotine, the addictive substance in tobacco.

6. **Control your alcohol intake.** Almost a third of adult men report they have had five or more drinks in one sitting at

At a glance

- Postpartum Depression Affects New Dads, Too
- Men: Here Are Ways to Healthier, Younger-Looking Skin
- Nearly Half of U.S. Men Infected With HPV, Study Finds



least one time in the past year. This is sometimes known as binge drinking. It is about twice as common in men as it is in women. If you choose to drink, limit your intake to two drinks a day. (Women should limit it to one.)

- **And finally, be careful out there!** Accidents are a leading cause of death. Take precautions while playing sports and being active; remember to wear a helmet and pads when appropriate, and use sunscreen. Always wear your seat belt when driving or riding in a car.



Learn more

Visit
liveandworkwell.com

now for more on this subject and other useful articles. At Live and Work Well you will also find resources to help you manage stress and deal with workplace issues, in addition to advice and support to improve health and well-being. Live and Work Well is designed to provide users with information and support to help you navigate many of life's milestones.

Upcoming articles:

July

Job Burnout? How to Reignite Your Health

