

Men's Health Month is celebrated each June to raise awareness about preventable health problems and encourage early detection and treatment of disease in men. It's no secret that most men need to pay more attention to their bodies. As a whole, men under the age of 60 don't seek medical advice as often as they should, and certainly not as often as women. While many older men certainly have more reasons to see a doctor, younger, healthier men who wait too long between routine visits miss the chance to detect the symptoms of illnesses such as heart disease, diabetes and high blood pressure before they start. But there is good news...it's never too late to start taking better care of your health.

Take Action

There are many things you can do on your own to protect your health. The first is to begin talking about it. Your family history and genetics has a great impact on your own health. So begin by speaking to your family to find out what diseases or conditions run in your family. Next, if you haven't seen a doctor in the past year, make an appointment for a physical. Share the information you learned about your family history and ask about screenings and tests. The information you provide your doctor may lead to other valuable tests or performing tests at an earlier age.

Commit to a Healthy Lifestyle

The best way to take control of your health and improve, or even eliminate, many risk factors is to commit to a healthy lifestyle. It is your best defense against disease, and it's also your responsibility. A healthy lifestyle includes these important actions:

Avoiding Tobacco: If you smoke, quitting is very important. Quitting is tough, but continuing to smoke has serious consequences. It can lead to heart disease, heart attack, stroke and cancer.

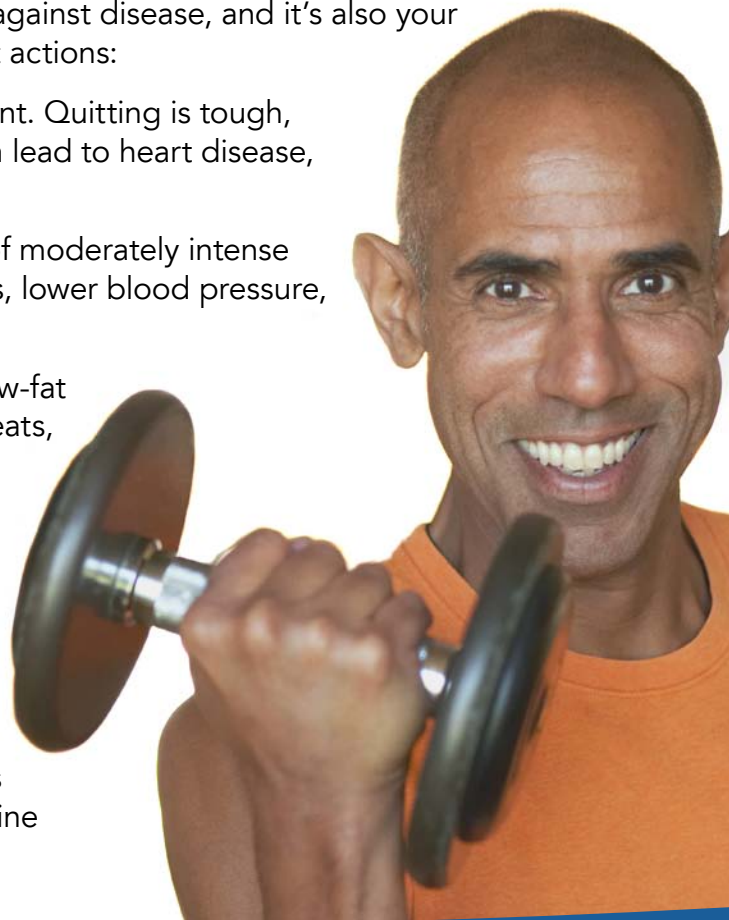
Being Active: Accumulating a minimum of 150 minutes of moderately intense exercise each week has been shown to help reduce stress, lower blood pressure, lower cholesterol and keep you at a healthy weight.

Eating Well: A healthy diet includes fruits, vegetables, low-fat or fat-free dairy and whole grains. It also includes lean meats, fish, poultry, eggs, nuts and beans. A healthy eating plan should be low in saturated fats, trans fats, added sugar, and salt.

Achieving and Maintaining a Healthy Weight:

Losing extra pounds, and keeping them off, reduces the risk for heart disease, diabetes and certain cancers.

Limiting Alcohol: If you choose to drink, do so only in moderation. For men this means no more than two drinks a day. One drink equals 12 ounces of beer, 5 ounces of wine or 1½ ounces of liquor.



Success Stories

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Success Story



I originally started with this wellness program about two and a half years ago. When I first started, my goals weren't very specific. Since I had recently been diagnosed with type 2 diabetes, I only knew that I wanted to lose some weight and be in better health. I started off doing some light exercise, mainly walking a few days a week and some strength training two days a week. My Coach encouraged me to take things slow at the beginning. That was hard for me because I was so eager to see results. He helped me understand that this was the best way to get to where I wanted to be. But I listened, and he was right. With the help of my Health Coach I also made many changes to the way I eat, and it really wasn't that hard. I just focused on changing a few small things at a time. Now when I look back at how I used to eat and how I eat now... it's truly amazing how much has changed. I now read food labels and watch my fat and sugar intake. I even eat fruits and vegetables... and I like them!

When I started this program I weighed more than 300 pounds, didn't exercise and had terrible eating habits. Today, I weigh 220 pounds, I absolutely love to exercise and my eating habits are so much better. My diabetes is also under good control. I haven't reached all my goals yet, but I know I will. Having my Health Coach to support me and hold me accountable makes all the difference. Thanks for all that you have done or me.

Alex

Coach Highlight

One of the most powerful things about being a Health Coach is that my position focuses on helping people make positive changes in their health, physical, mental and emotional lives. I am able to give meaningful advice and support to others so they can make a significant, permanent change in their own life. I am very passionate about my own health and that's what drives me as I work to help others improve theirs. It's an amazing feeling to know that I was able to help guide someone through the process of making small changes that eventually led to a big transformation in the end.

Aaron

