



## > Men's health

November

### Know your health numbers

You may have heard that you need to “know your numbers,” but what are they?

Health numbers refer to key markers of heart health such as blood pressure, cholesterol, blood sugar, and body weight – which include your body mass index (BMI) and waist circumference.

Although doctors check most of these numbers at annual check-ups, it's important to know your numbers and understand what they mean. By keeping your numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease.

There are lots of great ways to keep your numbers in the right range. Regular exercise, a healthy diet including lean meat and plenty of fresh fruits and vegetables, not smoking and limiting alcohol will help keep your numbers balanced and your heart healthy.

Remember to visit your doctor regularly to have your numbers checked or confirmed and to discuss the best way for you to get – and stay – heart healthy.

Sources: *Cardio Smart, American Heart Association, Healthline*

### Trivia time:

*How many men become fathers?*

*Answer: About half, most of them in their twenties.*

### Join Movember!

What is Movember? Originating in Australia, Movember is an organization dedicated to creating a positive change in men's health by raising awareness and educating men year-round and through their “take over” of the month of November.

Movember focuses on three key areas to have a lasting impact on men's health:

- > **Prostate cancer** – the second most common cancer of men in the U.S.
- > **Testicular cancer** – the most common cancer for young men aged 15-34 in the U.S.
- > **Poor mental health** – 1 in 4 adults will have a mental health problem in the U.S. in a given year

Since 2003, Movember has grown to be a worldwide effort. Raising over \$650 million for men's health programs and funding more than 800 health projects, Movember is helping to change the face of men's health around the world.

Get involved with any one of their great programs like MOVE (a challenge to get active) or “Mustaches in Movember” to raise funds and awareness of men's health in your community.

Sources: *PCF, Movember Foundation*



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### Get up and get active!

Regular physical activity is an important part of keeping your body and mind healthy. It's easier (and more fun) than you might think to get active. But how much exercise do you need? Depending on your age, an average adult needs at least two hours of aerobic activity (a brisk walk, bike ride or mowing the lawn) plus two days of muscle strengthening activities like weights, heavy gardening or yoga each week.

The important part is to choose activities you enjoy. You can also spread the activity out during the week – 10 minutes at a time is all it takes. The important part is to get your heart rate up. Being physically active can help you: have stronger muscles and bones, stay at or get to a healthy weight, sleep well and keep several illnesses at bay, including heart disease. When combined with a healthy diet, regular exercise can help you live longer, feel better and is fun for the whole family!

Sources: World Health Organization

### Trivia time:

#### *How big is a man's brain?*

*Answer: About 10 percent larger than a woman's, but NOT because they're smarter. Because men are generally larger than women, their brains require more neurons to control their body.*

Sources: Random Facts, Web MD

### What is chronic disease?

Chronic diseases, like heart disease, cancer, obesity and arthritis are the most common (and preventable!) of all health problems. There are several things you can do to reduce your risk of chronic disease such as regular exercise (at least two hours per week), eating a healthy diet, not smoking and limiting your alcohol consumption. Make sure to get regular checkups and talk with your doctor about the best way for you to live a longer, healthier and happier life.

Sources: CDC, Medicaid, NCSL

### Depression prevention

Many people at one point or another become depressed, and although there is no sure way to prevent depression, there are several strategies for keeping your mind and body healthy. Managing your stress, exercising and eating a well-balanced diet will improve your physical health and your overall sense of well-being. If you do experience symptoms of depression – like problems with regular sleep, dramatic weight gain or weight loss, fatigue, sadness or mood swings – reach out to family, friends and trained health professionals for support and treatment options.

Sources: Everyday Health, Mayo Clinic