

# 2008 Monthly ES&H Campaign: March

## Health Tips for Men

### Monday, 17th

#### **Eat Healthy**

Maintain a balanced diet and watch how much you eat. What you consume will make a tremendous difference in your health.

#### **Maintain a Healthy Weight**

Eat well and exercise regularly. Those who are overweight have increased risk for developing diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke.

#### **Get Moving**

Find fun ways to stay in shape. Thirty minutes of moderate physical activity each day is recommended to maintain the body and relieve stress.

#### **Be Smoke Free**

If you smoke –quit today. Help lines, counseling and medications are available to help you quit. It is never too late to stop smoking – your health will benefit regardless of your age. Visit the Bechtel employee assistance provider at [www.magellanassist.com](http://www.magellanassist.com) for additional information on smoking cessation.

#### **Get Routine Exams and Screenings**

You and your health care provider can decide, based on your age, health history, lifestyle, and other important issues, how often you will need to be examined and screened for certain diseases and conditions. Routine screenings for conditions such as colon and prostate cancer can save your life!

#### **Get Appropriate Vaccinations**

Protect yourself by getting all required or recommended vaccinations. Travel, lifestyle, certain jobs and health conditions may affect what vaccinations you should have.

#### **Manage Stress**

Balance your employment and family obligations. Excessive stress poses a threat to your health. Protect your mental and physical health by engaging in activities that help you manage stress.

#### **Know Yourself and Your Risk**

Being healthy means doing some homework, knowing yourself, and knowing what is best for you. Your habits, home and work environments, and lifestyle help define your health and risks.

#### **Be-Safe – Protect Yourself**

Practice safe behaviors at home as well as on the job. Never take your safety for granted.

#### **Be Good to Yourself**

Health is a lifestyle. Pay attention to your health, and make healthy living a part of your life.

#### **Where can you get more information?**

In addition to your health care provider, there are numerous governmental and other sources for information about men's health. For more information, visit:

[www.cdc.gov](http://www.cdc.gov)

[www.nlm.nih.gov](http://www.nlm.nih.gov)

[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

[www.webmd.com](http://www.webmd.com)

[www.menshealth.com](http://www.menshealth.com)



**Visit the Communications ES&H website for more information.**