



# Healthy habits for men

These routines can help manage and even prevent health problems



## Eat smart

Choosing healthy foods can reduce your risk of obesity, heart disease, diabetes, and other conditions. These habits will feed your good health:

- Include foods like fish, almonds, and flaxseed in your diet. They are high in omega-3 fatty acids, which are important parts of the membranes that surround every cell in your body.
- Eat at least two cups of fruit and three cups of vegetables every day.
- Limit calories from added sugar, which is often found in sweetened beverages, cereal, baked goods, and packaged snacks.
- Avoid processed foods like crackers, chips, deli meat, cereals, and many frozen or ready-to-eat meals. These are often high in salt, sugar, and trans fat.



## Stay active

Just 30 minutes of physical activity every day can help reduce your blood pressure, increase your energy, strengthen your body, maintain your weight, and even decrease your risk for a heart attack or stroke. Here are five ways to be active:

- Run, walk, or ride your bike intensely enough that you raise your heart rate.
- For a low-impact workout, swim laps in a pool.
- Fit exercise into a busy day by taking the stairs instead of the elevator, or parking far away from the door when you go to a store.
- Remember that chores like gardening, yardwork, and cleaning also are a workout.
- Exercise with others. It will help you stay motivated.



## Receive regular checkups

As you age, the risk of diabetes, heart conditions, and certain cancers increases. You can lower your risk and even detect problems early by taking these preventive steps:

- Schedule preventive checkups with your primary care doctor every year.
- Receive regular cancer screenings and vaccines, as recommended by your doctor.
- Let your doctor know if any close relatives have a history of cancer or other health conditions. This can affect how early and how often you should receive certain screenings.



## Recognize depression

While feeling low from time to time is normal, depression is a mental health condition that shouldn't be ignored. Symptoms of depression in men include:

- Angry, irritable, or aggressive behavior.
- Anxious, restless, sad, or dissatisfied feelings.
- Loss of interest in work, family, or hobbies.
- Thoughts of suicide or attempting suicide.
- Isolation from friends and family.

If you're feeling depressed:

- Contact your doctor, who can help find the treatment that's best for you.
- Talk to your loved ones, who can be an important source of support.
- Avoid isolating yourself from others.
- Spend time with people who are helpful and positive.
- Set realistic goals for yourself so you don't feel overwhelmed or discouraged.

Talk to your doctor about other changes that can help you live a healthier life. To find a primary care doctor in your plan, visit [anthem.com](https://www.anthem.com) and select **Find a Doctor/Find Care**

Sources:

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