

SEVEN HEALTH FACTS MEN NEED TO KNOW

1 Only **30%** of a man's overall health is determined by his genetics. **70%** is controllable through lifestyle.

2 Only **60%** of men go to the doctor for a yearly, routine check up, **40%** won't go until something is seriously wrong.

3 **MENTAL WELLNESS** **31%** of men suffer depression in their lifetime and **9%** of men have daily feelings of depression or anxiety. But only 1/4 talk to a mental health professional, and only 1/3 take medication.

4 **SLEEP** Men who sleep 7-8 hours a night have about **60%** less risk of a fatal heart attack than those who sleep 5 hours or less.

5 **NUTRITION** How easy is this? Getting your 5-7 servings of fruit and veggies is as simple as a glass of orange juice, one potato, one big carrot, 1/2 an avocado and a pear!

6 **DRINKING** Those who consume 4 to 10 drinks a week at most have a lower risk of developing type 2 diabetes. Drinking more than 10 drinks a week almost doubles your risk of type 2 diabetes.

7 **ACTIVITY** Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of a heart attack by **25%**.

