



Be Healthy and Stay Well

Impact your health, day-by-day

You can live your best and healthiest life just by making a few changes in your everyday behavior. Below are some wellness tips to help get you started.

Eat right for a healthy heart

The stomach is a common place for men to carry extra weight; unfortunately, people who gain weight in their mid-section are at an increased risk for heart diseases, diabetes and sleep apnea. The best way to reduce belly fat is through overall weight loss, achieved with a healthy, balanced diet and regular exercise. You should eat plenty of fresh fruits and vegetables, low-fat dairy and whole grains when possible. Pick lean meats, such as poultry and fish, for your meals, and when you do have beef—choose lean cuts and remove all visible fat when preparing it. You should always try to avoid foods containing trans fats—like packaged snack foods and baked goods—and limit the amount of salt added to your food.

Be active to stay strong

Getting enough physical activity not only helps to maintain a healthy weight, it also helps reduce the risk of heart disease, diabetes, and certain cancers. Also, people who remain active maintain strength, flexibility and motility as they age. The American College of Sports Medicine recommends 2 ½ hours per week of moderately intense exercise, with strength-training exercise twice per week. Moderately intense exercise includes any activity that raises your heart rate and causes you to break a sweat, while still being able to carry on a conversation. Strength training—such as lifting weights—should consist of 8 to 10 exercises, with 8 to 12 repetitions of each exercise.

Remember, exercise doesn't have to involve a gym: don't discount the benefits of hiking, swimming, skiing, team sports or even yard work.

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Preventive screenings help save lives

Men may be less likely to seek medical care than women. Since the best treatment is often prevention, it's important to attend regular doctor's appointments, especially for routine cancer screenings.

Colorectal screenings, including a flexible sigmoidoscopy and colonography, should be received once every five years, beginning at age 50, with colonoscopies once every 10 years. Fecal occult blood tests are also important and should occur annually.

You can receive prostate screenings beginning at any time between the ages of 40 and 50, depending on the level of genetic risk. There are no current guidelines for frequency of screenings, so it's best to discuss risks and a potential screening schedule with your doctor, beginning at age 50.

Always remember safety

Safety issues put many men at risk for fatalities or the development of chronic health conditions. Alcohol consumption and smoking are more common among men than women and can lead to cancers, heart disease and diabetes. It's important to keep alcohol consumption at a minimum: moderate consumption for men is two drinks per day. One drink consists of 12 ounces of beer, 8 ounces of malt liquor, 5 ounces of wine or 1 ½ ounces of liquor. If you smoke or use tobacco, quit.

Car accidents are among the leading causes of death among men. Use common sense when driving: always wear your seat belt and stay within speed limits.

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