



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Connor & Gallagher OneSource



## MEN'S HEALTH: TIPS FOR A HEALTHY LIFESTYLE

The leading cause of death for males in the United States is heart disease—followed closely by cancer. Adhering to a healthy lifestyle can help you avoid becoming part of a statistic.

### Watch What You Eat

What you eat and drink can make a significant difference in your overall health. Eating five or more servings of fruits and vegetables a day, little saturated fat and no trans fats can improve your health and reduce your risk of developing heart disease and other chronic diseases.

### Know Your Risks

Your genetics, environment and lifestyle all contribute to your health. These factors may put you at an increased risk for developing certain diseases or conditions.

Since you can't change some of those factors (like your genes), focus on addressing any behaviors you do have control over, such as your diet, activity level and smoking. Make as many changes as you can to improve your well-being.

### Get Moving

Nearly 80% of Americans do not get enough physical activity. For adults, the Department of Health and Human Services (HHS) recommends getting at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity throughout the week. HHS also recommends adults do strength training exercises at least two days per week. Being active does not take a lot

of time or money, but it does require a commitment. Start slowly, work up to a satisfactory level, and do not overdo it. Develop a workout routine or try something different every day. Find fun ways to stay in shape and feel good, such as gardening, swimming, walking the dog or jogging.

### Manage Your Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging.

Protect your mental health by engaging in activities that decrease your stress, such as enjoying your favorite hobby, exercising, reading or spending time with friends or family. Managing your stress can help keep you stay healthy.

### Get Routine Exams

Based on your age, health history, lifestyle and other important factors, you and your doctor can determine how often you need to be screened for certain diseases. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases and cancers of the skin, prostate and colon.

