

7 HEALTH FACTS MEN NEED TO KNOW

Only **30%** of a man's overall health is determined by his genetics.

 **70%** is controllable through lifestyle.

Men live **9** years in poor health, mostly preventable by making small lifestyle changes.



MENTAL HEALTH

Inactive men are **60%** more likely to suffer from depression than those who are active.

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.

7-8 HOURS

SLEEP

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



ACTIVITY

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

NUTRITION

Getting your 5-7 servings of fruit and veggies is as simple as 1 apple, ½ an avocado, 1 stalk of celery, ½ a grapefruit 5 pieces of broccoli.



DontChangeMuch.ca
MensHealthFoundation.ca

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