

5 THINGS EVERY MAN NEEDS TO DO TO STAY HEALTHY

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

70% is controllable through lifestyle.

EASY HEALTH TIPS TO KEEP YOUR MIND AND BODY RUNNING SMOOTHLY

1 Nutrition focus

How easy is this?

Go for nuts instead of crackers, whole-grain instead of white bread, a veggie salad instead of fries.

3 Get up and go

Exercise can improve your health **BIG TIME**.

A simple 30 min walk will release happy hormones and combat negative thoughts.

2 Sleep like a log

Get **7-8 hours** of quality sleep everyday to uplift your mood, memory, and focus.

It will also reduce risk of heart conditions.

4 Kick Butts

We all know smoking is bad; but did you know giving up smoking lowers your risk of developing testosterone deficiency?

5 Overcome Stress

Find healthy ways to relax and unwind, including aerobic exercise, deep breathing and meditation.

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