

KEYS TO BETTER HEALTH™

Men's Health

Heart disease is the leading cause of death in the U.S. for men, accounting for every one in four male deaths^{1,2}. Half of the men who die suddenly from coronary heart disease have no previous symptoms, highlighting the importance of following a healthful lifestyle even if you feel fine².

What are the Risk and Lifestyle Factors for Heart Disease²?

- High Blood Pressure
- High LDL Cholesterol
- Overweight and Obesity
- Diabetes
- Smoking
- Poor Diet
- Physical Inactivity
- Excessive Alcohol Use

Preventing Heart Disease

Many of the risk factors for heart disease are preventable through positive lifestyle changes. Simple steps such as adding more movement to your day or the age-old wisdom of eating more fruits and vegetables will reap big benefits.



Move More

One of the easiest ways to boost your health is through increasing your physical activity. Strong evidence suggests that at least 2 ½ hours (150 minutes) of moderate physical activity, or 75 minutes of vigorous activity per week yield a lower risk of heart disease, stroke, Type 2 diabetes, and high blood pressure, plus many more benefits³. If time is not on your side, keep in mind that these benefits are cumulative, i.e., they can be achieved by breaking up your daily activity into 10-minute segments as long as you hit the total number.

Make it Your Own:

- Join a basketball league that meets twice per week
- Go for a morning walk or jog to start your day
- Walk the golf course instead of taking a cart

Eat Well

Eating well doesn't mean giving up flavor and sweets, it simply means fueling your body appropriately. Check your portion sizes; if at least half of your plate isn't fruits and vegetables then you're getting too much of another food group. When choosing protein, look for lean sources such as skinless poultry, at least 90% lean ground beef, or fish. Finally, opt for whole grains at least half of the time each day. Small steps can yield big benefits if taken each day.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. Leading Causes of Death in Males United States, 2013 (current listing). Centers for disease Control and Prevention website. <http://www.cdc.gov/men/lcod/2013/index.htm>. Updated July 13, 2015. Accessed March 17, 2016.
2. Men and Heart Disease Fact Sheet. Centers for disease Control and Prevention website. http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_men_heart.htm. Updated November 30, 2015. Accessed March 17, 2016.
3. At-A-Glance: A Fact Sheet for Professionals. Office of Disease Prevention and health Promotion website. <http://health.gov/paguidelines/factsheetprof.aspx>. Accessed March 17, 2016.
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