



Gentlemen, rev up your engines.

Guys, do you wait until you run out of oil to get an oil change? Probably not, so when it comes to fine-tuning your health, put yourself in the driver's seat. Eat right, stay active and get regular checkups, screenings and shots to make sure you stay running as smooth as your wheels.

Choose the right fuel

Your car needs the right gas to run properly and your body needs the right fuel to stay in great shape. Eating the right foods for your body can help you keep health issues under control. Here are some easy-to-follow heart-health tips¹:

- Add more omega-3 fatty acids, which are essential fatty acids your body needs to work normally. Include them easily by consuming foods like fish, almonds and flax seeds.
- Limit your sugar intake and cut out processed foods and soft drinks.
- Eat at least 2 cups of fruit and 3 cups of vegetables daily.
- Stay active for better overall health.

Take good care of your body, and it'll run like a well-oiled machine for years to come.

Get your tune up

Tune ups are essential to your car, and checkups are essential for you. As you get older, your risk to develop diabetes, testicular or prostate cancer and heart issues increases. By taking control of your well-being you can lower those chances.² Early detection can save your life. Here are a few things you can do to prevent health issues:

- Schedule preventive checkups.
- Know your family history.
- Get regular cancer screenings.
- Don't smoke.
- Maintain a healthy weight.
- Exercise regularly – aim for 30 minutes, five days a week.

No matter whether you drive a new car or an old one, you have to take care of it to get the most out of it. In fact, the older your car gets the more you have to do to maintain it. Same is true for you and your body.



Pay attention to the check engine light

Sometimes, your car's engine needs a bit of extra help to keep going. In your case, feeling low sometimes is normal, but depression is a serious issue that can affect your life at any point. Knowing what signs to look for will help you manage it if it arises. Symptoms of depression include³:

- Feeling extremely sad, hopeless or guilty.
- Feeling unfulfilled by doing what you normally enjoy.
- Feeling fatigued or less energetic.
- Thoughts of death or self-harm.

If you're feeling depressed, see a doctor immediately and remember to:

- Tell loved ones how you feel to get the support you need.
- Avoid isolating yourself from others.
- Surround yourself with people who are helpful and positive.
- Set realistic goals so you don't feel overwhelmed.

Keep your body running like a well-oiled machine

Once your car is tuned up, you have to drive it and maintain it to keep it in tip-top shape. The same applies to your body. Exercising can help you reduce blood pressure and give you more energy while strengthening your ligaments and bones.⁴ Just 30 minutes of exercise a day can have great health benefits.⁵ Give these a try:

- Walking or riding your bike in a hilly neighborhood can help you break a sweat and raise your heart rate to maximize the benefits of your exercise.
- Running, swimming laps and other intense exercises help you maintain a healthy body weight and lower your risk for heart attacks or strokes.
- Gardening, going up the stairs instead of using the elevator or parking far away when you go to a store can help you squeeze extra physical activity into your day.

Whether your body is more like a sports car or a classic, you want to keep it in fine working condition. So rev up and take charge of your health journey now!

Helpful resources

To find out more, go to WebMD and look up Men's Health at webmd.com/men.



Sources

1 WebMD website: Heart Disease and a Heart-Healthy Diet (accessed November 2014): webmd.com.

2 American Cancer Society website: Cancer Facts for Men (accessed November 2014): cancer.org.

3 National Institute of Mental Health website: Men and Depression (accessed November 2014): nimh.nih.gov/health/topics/depression/men-and-depression.

4 Centers for Disease Control and Prevention website: Physical Activity (accessed November 2014): cdc.gov/physicalactivity.

5 American Heart Association website: Get Moving! (accessed November 2014): heart.org.

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