


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

How easy is this?! Getting your 5-7 servings of fruit and veggies is as simple as eating one potato, one big carrot, one apple, ½ an avocado, and a pear.



DontChangeMuch.ca
MensHealthFoundation.ca

SOURCES
www.statcan.gc.ca/tables-tableaux/sum-som/l01/cst01/hlth67-eng.htm
www.health.gov.bc.ca/library/publications/year/2004/inactivity.pdf
www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/serving-portion-eng.php
www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf
www.ncbi.nlm.nih.gov/pubmed/18952563
www.ncbi.nlm.nih.gov/pubmed/7572969
www.ncbi.nlm.nih.gov/pubmed/10857962
www.ncbi.nlm.nih.gov/pubmed/11976443