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# Share the Wellness Tip

## Healthy Habits For Men Can Add Up To Longer Living

The average woman outlives the average man by more than five years. But it doesn't have to be this way. More than half of these premature deaths are preventable, along with about 60 percent of chronic diseases, and most injuries and accidents. By taking charge of your own preventive care, you can help to protect your health. Here's how.

### **To ward off heart disease: Move in short spurts all day**

Aerobic exercise, such as walking or biking, strengthens your heart and lowers your blood pressure. Try for at least 30 minutes of moderate intensity aerobic activity five days per week. But you don't have to do it all at once. Three 10-minute walks can replace one 30-minute walk.

### **To guard against cancer: Exercise as much as you can**

Exercise may help prevent certain types of cancer, research shows. If you already exercise 30 minutes most days of the week, work your way up to a full hour, suggests the American Cancer Society (ACS). Logging 300 minutes of activity per week likely provides additional cancer protection, says the ACS.

### **To prevent falls: Train your balance**

Unintentional injuries, such as falls, are the third most common cause of death among men. Exercise programs that include balance training can help prevent falls. Consider taking a class in Tai Chi, a martial art that helps improve balance and coordination. Or try this balance move:

- Stand behind a sturdy chair
- Holding the back of the chair, raise up onto your toes
- Pause for one second
- Lower your heels to the floor
- Repeat 10 to 15 times about twice a week

**Sources:** *The American Cancer Society; Men's Health Network*

