This month is a reminder for men to take steps to be healthier, but they don’t have to do it alone. Whether it’s your husband, partner, dad, brother, son, or friend, you can help support the health and safety of the men in your life.

Set an Example with Healthy Habits
- Eat healthy and include a variety of fruits and vegetables every day.
- Find fun ways to be active together. Adults need 2 ½ hours of physical activity each week.
- Set an example by choosing not to smoke and encourage the men in your life to quit smoking.
- Learn ways to recognize and reduce stress including eating healthy, exercising regularly, and avoiding drugs and alcohol.

Remind Men to Get Regular Checkups
- It’s important for men (and women) to understand their family health history and encourage men to consult with their doctor about preventive screenings and checkups.

Know the Signs and Symptoms of a Heart Attack
- Every 43 seconds someone in the U.S. has a heart attack. Major signs include:
  - Pain or discomfort in the jaw, neck, or back
  - Feeling weak, light-headed, or faint
  - Chest pain or discomfort
  - Pain or discomfort in arms or shoulder
  - Shortness of breath

Encourage Men to Seek Help for Depression
- Depression is one of the leading causes of disease or injury worldwide for both men and women. Learn to recognize the signs and how to help the men in your life. Signs include:
  - Persistent sadness, grumpiness, feelings of hopelessness, tiredness and decreased energy, and thoughts of suicide.

Source: Centers for Disease Control and Prevention