

# Men's Health nth

The purpose of Men's Health Month is to raise awareness about preventable health problems and encourage early detection and treatment of disease among men and boys.

## Eat Healthy

Start by taking small steps at each meal:

- Say no to super-sizing
- Eat a variety of foods
- Eat at least one fruit and vegetable

## Get Moving

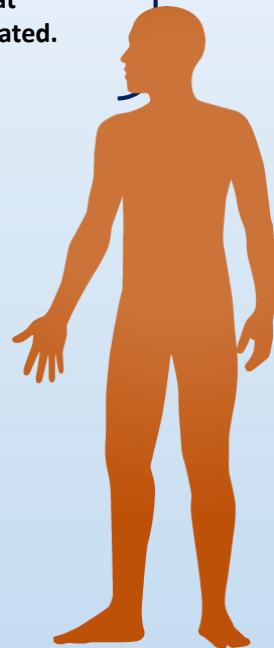
Play with your kids or grandkids.  
Take the stairs. Do yard work.

Choose activities that  
you enjoy to stay motivated.

## Make Prevention a Priority

Many conditions can be detected  
early with regular health checkups.

Quitting smoking and drinking less  
may prevent chronic conditions.




## Did you know in Illinois...



**1 out of 5**  
men **smoke**



**3x**  
More men than women  
are **chronic drinkers**



**Only**  
**50%** of men ranked their  
**general health** as excellent  
or very good



**4 out of 10**  
men are **obese**



**AWARENESS. PREVENTION. EDUCATION. FAMILY.**