

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.