



3 Simple Tips to Help Prevent the Top Threats to Men's Health



This interactive training will provide research based information focused on men's health, and will provide three tangible steps one can take to enhance men's health wherever you are.

In this handout, you will find space to take notes and resources from the webinar.

1. At age 100, _____ outnumber _____ 8 to 1.
2. Almost _____ as many men as women die of ischemic heart disease.
3. Three simple solutions to help men's health includes:
 - a. _____
 - b. _____
 - c. _____
4. What are two important factors to consider when it comes to men's nutrition?
 - a. _____
 - b. _____
5. Why is a focus on nutrient density important for men and how can you obtain nutrient dense foods in your diet?
6. The physical activity guidelines recommend at least _____ minutes of cardiovascular (aerobic) activity per week and a minimum of _____ days of strength training per week.
7. Being physically active is important for everyone, men and women, what is a reason for you to be active? This can be one we listed in the webinar or one of your own.
7. Daily workouts are [available online here](#) along with a [band and bodyweight workout](#)
8. Have you had a preventative screening this year? _____
If not, call your health care provider today to set one up.
9. To find a doctor you trust, ask friends, family or utilize the [BCBSTX provider finder tool](#) if you are a HealthSelect of Texas or Consumer Directed HealthSelect participant.
10. Recommended adult wellness screening guidelines are [available here](#)
11. More information on the HealthSelect online health assessment is [available here](#)

Key Takeaways & Notes:

Upcoming Webinars: Walk on the Wild Side: How to reap the benefits of the outdoors

Thursday June 11 at [10am to 11am](#) or [12pm to 1pm](#) CST

Outdoor Workout Tips and Tricks

Thursday June 18 at [10am to 11am](#) or [12pm to 1pm](#) CST

For questions or additional assistance, email physicalfitness@dps.texas.gov