







MEN'S HEALTH MONTH

June is Men's Health Month — a time to focus on strength that starts from within. Whether it's getting that overdue check-up, starting a new fitness routine, or simply eating better, every step matters.

Here are three ways to make this month count:

-  Schedule your wellness check up
-   Commit to 30 minutes of daily movement
-  Fuel your body with whole, nutrient-rich foods

Issues impacting men's health

Men are more likely to die from chronic and serious diseases like:

- **Heart disease:** Men are at an increased risk for heart attacks and strokes, two leading causes of death among men. Nearly 350,000 men die of cardiovascular disease every year.

- **Cancer:** The cancer rate among men is higher than for women.
- **Mental health:** Men die by suicide nearly four times as often as women.

Your health isn't just about adding years to your life — it's about adding life to your years. Let this be your reminder to prioritize *you*.

RESOURCES:

[Men's Health Matters: Tips for Staying Healthy | Aetna](#)

[Men: Take Charge of Your Health - MyHealthfinder | odphp.health.gov](#)