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**LET'S REACH  
HEALTHY  
NEW HEIGHTS**  
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**MEN'S HEALTH**

Be the best man you can. Whether you're exercising, working, or just relaxing, healthy choices can help you stay at the top of your game. Take steps to improve your health and lower your risks of developing health problems – because healthier tomorrows start today.



**Measure for measure**

Guys: If your waist measures more than 40 inches around, it's time to shed some pounds. Too much abdominal fat increases your risk for diabetes and heart disease.\*



**Cook for health**

A healthy weight starts at home. Home cooks eat healthier and consume fewer calories than those who cook less even if they're not trying to lose weight.



**Check off a checkup**

Due for a health screening? Many of the major health risks men face, like colon cancer and heart disease, can be treated successfully with early diagnosis – or prevented altogether.

**Take charge**

\*Academy of Nutrition and Dietetics



Share what keeps you motivated with #RiseAndThrive.