



Whether you're an eligible bachelor, a busy dad, or a proud grandfather, you play an important role in the lives of those around you. So take care of the basics to stay on top of your game.

Celebrate good health

In honor of men's health month, take a look at your lifestyle and think about the long term. Be mindful of your eating and exercise habits, and check in with your doctor to see if you need any preventive screenings.

Stay in training.

Lower your risk of colon cancer by 40 to 50% by fitting in 30 minutes of moderate exercise, 5 times a week.

Crunch more often.

Eating vegetables rich in nutrients and fiber can help protect against many diseases, including cancer. Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts are especially high in antioxidants.

Sip slowly.

A good guideline for drinking alcohol is no more than 2 drinks a day for men.

Visit kp.org/menshealth for more ways to feel your best.

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