

ACTIVE NEWS

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

Men's Health and Wellness

Did You Know

Women generally outlive men by 10 years.

10

YEARS



Men develop heart disease earlier than women.

Men are less likely to visit a doctor for an annual physical.



Behind this page is information on how you can improve your health and stay healthy.



Staying Healthy Inside and Out



**Eat
Healthy
Foods**



Smoking is BAD for your health



Drink plenty of water

**Get Plenty
of Sleep**



Stay away from caffeine and alcohol



Make a Plan to Be Healthy

TALK WITH



Grandparents

Talk with your family, staff or guardian to learn your family medical history.

Mother And Father



Brother

Sister



Caregiver



Always Remember To

Brush your teeth 2 to 3 times a day to make your teeth white and your breath fresh!



Wash your hands to keep you safe from germs, colds, and being sick.



Shave your face in the morning to help you feel clean and fresh.



Remember To Stay Healthy

Eat Healthy



Visit Your Doctor

Communicate

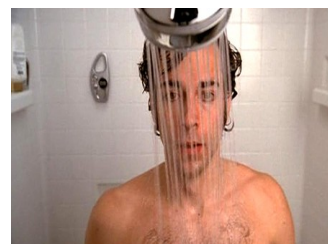
Practice

Good

Hygiene



Exercise



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