

# TIP OF THE WEEK



## Men's Health Week

*Take action to be healthy and encourage the men in your life to make their health a priority.*

**Get good sleep.** Adults need 7-9 hours a night.

**Toss out the tobacco.** Living Well has resources to help you quit, at no cost.

**Move more.** Adults need 2.5 hours of aerobic activity and 2 days of muscle strengthening activities every week.

**Eat healthy.** Eat a variety of fruits and vegetables every day

**Tame stress.** Too much stress can harm your body. Find support with your local Employee Assistance Program.

**Stay on top of your game.** See your doctor for annual checkups, at no cost to you. Checkups help identify issues early.

  
LivingWell  
make it a priority

THE UNIVERSITY of TEXAS SYSTEM

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