



Genesee County Health Department

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Re: Men's Health Month

June is Men's Health Month. The Genesee County Health Department encourages everyone to celebrate the men in their lives. Here are some simple steps to improve men's health:

- Be active. Take a bike ride, play soccer, take a walk. Aim for 2 ½ hours of moderate-intensity aerobic activity every week and muscle strengthening activities two or more days a week.
- Eat healthy. Eat a variety of fruits and vegetables every day.
- Get regular medical exams. Know your numbers-blood pressure, cholesterol, blood sugar levels are measures of our health.
- Get good sleep. Aim for 7-9 hours of sleep each day.
- Quit smoking. Avoid second hand smoke.
- Manage stress. Take care of yourself, connect socially and stay active.

The Genesee County Health Department wishes everyone a Happy Father's Day. Our motto is "Better Life through Better Health." For more visit our website at www.gchd.us or for more men's health information visit www.menshealthmonth.org

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Better Life Through Better Health

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