



# We challenge you to improve your health!

*Get on track to a healthier you with these health and fitness tips for men.*



## SIZE UP THE COMPETITION.

*Does your waist measure more than 40 inches?*

If yes, you may be at greater risk for diabetes, high blood pressure, stroke, early death, and other problems.

## PICTURE THE FINISH LINE.

*What are your health and physical activity goals?*

Do you want to improve your health, lose weight, or maintain weight after weight loss?

## ON YOUR MARK...GET SET...

*Based on your goal, choose your track and activity.*

- Improving Your Health = 30+ minutes of moderate aerobic activity 5 or more days a week
- Increasing Your Goals = 60+ minutes of moderate aerobic activity 5 or more days a week
- Building Muscles = 2 or more days a week at a moderate or high intensity

Aerobic activities like brisk walking, playing basketball, and bicycling move your large muscles and make your heart beat faster. To build muscle strength, try weight training, working with resistance bands, or doing push-ups.

## GO!

*Make healthy eating choices.*

- Eat more whole grains, vegetables, fruits, lean meats, seafood, beans and peas, nuts, and low-fat or nonfat dairy products.
- Eat fewer solid fats (butter, margarine) and refined grains (white flour and rice).
- Eat and drink less sugar and salt, including sugary sodas and juices.

## LEAP OVER YOUR HURDLES.

*Create a plan to beat the barriers that you may meet along the way.*

- Stay energized by playing ball or working out with friends.
- Chart your steps in a food journal or exercise log to stay on track.

## CROSS THE FINISH LINE.

*The new and improved you is in sight!*

- Reward yourself as you reach your goals.
- Keep up the good work. Remember that physical activity and eating are key to getting on track to a healthier you.

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*For more tips on healthy eating and physical activity, contact WIN for more FREE information.*

**Weight-control Information Network (WIN)**

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