

MEN'S HEALTH IS A FAMILY MATTER



June is Men's Health Month

WorkWell NYC would like to remind men and their families to lead a healthy lifestyle, stay active, and see a healthcare provider on a regular basis to screen for preventable health conditions. The healthy choices you make now can help you live a longer, healthier, and happier life.



Eat Healthy

Fewer than 1 in 10 men who live in NYC eat the recommended five servings of fruits and vegetables daily.

Join the ranks of men who are losing weight and managing stress by choosing to eat healthy.



Keep Moving

Men are more likely to exercise than women.

Regular physical activity helps improve your overall health and lowers your risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.



Prevention Matters

One in five men in NYC don't have a personal health care provider.

See your healthcare provider regularly. Many health conditions can be prevented or detected early with regular screenings such as blood pressure, cholesterol, and glucose.

DID YOU KNOW?

36%

of men age 20 and older have hypertension (high blood pressure), which can lead to severe complications and increases the risk of heart disease, stroke, and death.

For resources and programs to help you lead a healthy lifestyle, visit nyc.gov/workwellnyc