

# 5

# PLAYS FOR MEN

to Stay at the Top of Their Game



## We will protect this heart:

Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart – make fruits and vegetables half of your plate.



## Bro, you don't even have to lift:

Getting just 30 minutes of exercise each day can help you live longer and healthier.



## Preventive maintenance:

Getting regular check-ups can catch small problems before they become big problems.



## Quitting time:

Smoking causes cancer, heart disease, stroke, and... a greater risk of erectile dysfunction.



## Hey man, you good?

Life can get tough, and talking things through with a mental health professional can help. Find more info at [minorityhealth.hhs.gov](http://minorityhealth.hhs.gov).



U.S. Department of Health and Human Services  
Office of Minority Health