



## Health Tips for Men in their 20s and 30s

There are many lifestyle choices that men can make in their 20s and 30s that help set the stage for good health. A lot of these choices stem from following recommendations for preventative care and can greatly reduce the risk of developing certain diseases and ailments.

### 1. Get Enough Sleep

Most adults need 7 to 8 hours of quality sleep every night. Getting adequate sleep can provide health benefits, including fewer illnesses, the ability to maintain a healthy weight, and a lower risk of high blood pressure and diabetes.



### 2. Don't Overlook Important Nutrients

Men in their 20s and 30s need to be sure they're not skimping out on protein. Studies suggest that 60 to 70 grams of protein a day is needed. Other nutrients to focus on: potassium, omega-3 fats, calcium, phytonutrients, and iron.

### 3. Drink In Moderation

For healthy men, this means up to two drinks a day (12 fluid oz. of beer, 5 fluid oz. of wine, and 1.5 fluid oz. of distilled spirits). While it's been found that moderate alcohol use has some health benefits for older adults, some evidence shows that even moderate alcohol use may cause more harm than good in younger adults.

### 4. Maintain A Healthy Weight

Exercise regularly (try to move for at least 30 minutes every day), make healthy food choices and watch portion sizes, eat 2 servings of fruit and 5 servings of veggies every day, and increase your water intake.

### 5. Do Not Smoke

Not smoking, or quitting if you do, is the single most effective step you can take to reduce your risk of future illness. Smoking causes lung and other cancers, and increases your risk of heart disease and stroke.

### 6. Get Important Screenings

It's important to first choose a primary care physician (PCP) who can help you establish a baseline by checking your weight, blood pressure, cholesterol levels, thyroid, and blood glucose levels in order to help you establish good health habits.

- For men, it's important to learn how to do **testicular self-exams** and do so monthly. The risk for testicular cancer actually peaks in your 20s, so it's important to know what 'normal' feels like. If something is concerning, call your primary care physician.
- **Sexually transmitted infection (STI)** tests and HIV testing are key for those with new or multiple partners.
- **Mole exam**—this can be done monthly as a self-exam and also as part of your routine checkups with your PCP.

If you don't have a Primary care physician, [find a doctor here](#), or call 1-888-996-9644.

# Top Health Concerns For Men Over 20

## Weight Or Weight Gain

Maintaining a healthy weight requires establishing some healthy habits, and that's not always easy. If weight gain has become an issue, ask your doctor for recommendations. Another option is to join a weight management program like the Healthy Weight for Wellness Program offered by our Integrative Wellness Center.

## Mental Health

The average age at onset for several mental health disorders, including depression and bipolar disorder, is the mid-20s. If you feel like you are suffering from a mental health disorder, talk to your doctor.

## Other Exams

- **Eye and ear health**—schedule both a comprehensive eye exam and a hearing test every 10 years
- **Oral health**—dental exams and cleanings should be done every 6 months

## Immunizations

- Seasonal Influenza Vaccine—Yearly
- Tetanus/Diphtheria/Pertussis Booster Vaccine (Tdap)—Every 10 Years
- Human Papillomavirus (HPV) Vaccine—up to age 21
- Meningococcal Vaccine—especially college students or those in the military

