

Men's Health

Taking care of our physical wellbeing allows us to live in a balanced state of body and mind. If we have poor physical wellbeing, it can prevent us from having a healthy quality of life and can cause undue fatigue or physical stress from routine activities.

Did you know...?

- Men are more likely than women to say they're meeting the recommended levels of physical activity, even if they're not
- A man's peak physical age is between 30-40 years old
- Being physical at work isn't the same, and doesn't provide the same benefits as being physically active outside of work
- The recommended daily amount of moderate intensity exercise is just 30 minutes
- Only around 1 in 3 of UK men meet the 5 a day fruit and veg advice
- The average intake of salt in the adult men per day is 9.2g, higher than the maximum recommendation of 6g a day
- 67% of men are overweight or obese
- One man in 10 now has diabetes, and middle-aged men are twice as likely to have diabetes as women

Benefits of physical activity

There are loads of benefits to men living an active lifestyle. Some of these include:

- Lower risk of diabetes, high blood pressure and high cholesterol
- Weight loss
- Reduced risk of depression and anxiety
- Live an overall happier and healthier lifestyle!

Daily challenge

We're challenging all men to be healthy and happy by taking part in moderate intensity exercise for just 30 minutes a day. That's just 2% of your whole day!

What can I do?

If you want to go to the gym, buy a bike or join your local swimming pool, that's great, but it's costly and in the current climate, this isn't always possible. Most of us need to fit

exercise in around our busy lifestyles and that can include loads of day-to-day activities including:

- Walking
- Mowing the lawn
- Active play with children
- Home maintenance and repairs
- Climbing stairs
- Cleaning the car or home
- Animal care or farm/garden work

So, you really don't have to get some new running trainers or squeeze into any tight training gear, you can simply fit it in around your daily lifestyle.

Can I get help if I need it?

Of course! Being active doesn't come easy to most of us, so there's lots of internal and external support available to help you get started or to do a bit more.

[Public Health Wales Keeping Active.](#)

<https://phw.nhs.wales/topics/what-works-well-for-you-and-your-mental-wellbeing/>

[NHS – Get Active](#)

<https://www.sport.wales/individuals-and-families/>

<https://www.gov.wales/sites/default/files/publications/2019-02/eatwell-guide.pdf>

We all know that looking after our health is important, but the fact is that enjoying a healthy diet can give you that life-enhancing edge, in both the short and long term.

Short-term benefits of a healthy diet:

- Helps you stay in good shape
- Maintains healthy skin, hair, eyes and nails
- Gives you the energy for day-to-day living, and for exercise
- Helps concentration, memory and mood
- Supports your immune system, to help keep infections at bay and allow you to recover more quickly from illness
- Promotes a healthy and regular

Long-term benefits of a healthy diet:

- Reduces your risk of health problems such as obesity, diabetes, heart disease, various cancers, high blood pressure, stroke, cataracts and osteoporosis
- Helps you stay fitter and healthier as you age

What else can I do?

To reduce your risk of diabetes or other chronic diseases, one of the best things that you can do is to start TODAY by following a healthier eating pattern that includes as wide a variety of foods as possible.

As a guide, the dietary reference values **per day** for an average adult man are approximately:

Energy	Around 2500kcal
Fat	No more than 97g
Saturated fat	No more than 31g
Carbohydrate	At least 333g
Free sugars	No more than 33g
Protein	55g
Fibre	30g
Salt	No more than 6g

Also watch your portion sizes!

A balanced diet plate should contain 40% of fruit and veg, 25% of fibre rich carbs, 25% of protein and 10% fats.

Top tips for staying healthy:

- Eat at least 5 portions of fruit and veg a day (try one portion with breakfast, two with lunch and two with dinner and then top up with snacks!)
- If it comes in brown, choose this over white (rice, pasta, bread)
- Drink at least 2 litres of water a day.
- Aim to do at least 150 minutes of moderate exercise a week.
- Regularly have your cholesterol and blood pressure checked
- Aim to get 7-9 hours of sleep each night (or day if you're working nights)

