



EXPLORE

endless

POSSIBILITIES

It's never too late to change for the better. The more you know about men's health, the healthier you – or the men in your life – will be.

Seize the days and form a healthy habit

Get checkups.

Men are 24% less likely to have regular checkups than women. Guys, preventive care is important. Be proactive, not reactive, about your health.

Guard your heart.

The leading cause of death for men across all age groups is heart disease.* Keep your blood pressure, weight, and cholesterol levels in check to substantially lower your risk.

Don't smoke.

It's the number one cause of preventable health problems. If you smoke, replace that harmful habit with a healthy one. Visit kp.org/quitsmoking for help quitting for good.

EXPLORE FURTHER

*Centers for Disease Control and Prevention

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