



EXPLORE *endless* POSSIBILITIES

It's never too late to change for the better. Today is the perfect opportunity to get on the road toward a healthier you. Make a healthy choice today and feel the benefits tomorrow.

Seize the days and form a healthy habit

The more you know about men's health, the healthier you – or the men in your life – will be.

Eat slowly.

2 out of 3 men finish dinner in under 20 minutes.* Guys who eat fast are more likely to be obese than slow eaters, so take your time and savor every bite. You'll eat less and enjoy it more.

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.

Find more healthy tips for guys at kp.org/menshealth.

*Columbia University †Centers for Disease Control and Prevention

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