

Men's Health Week 2021

4 Health Facts You Should Know



Tradewind
A U S T R A L I A

ACTIVITY

Climbing 50 stairs or walking 5 city blocks a day can reduce the risk of heart attack by 25%.



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Mental wellness

Men who are inactive are 60% more likely than active men to suffer from depression.



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Sleep

Men who sleep 7-8 hours per night have a 60% lower risk of dying from a heart attack than men who sleep 5 hours or less per night.



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Nutrition

A glass of orange juice, one potato, one large carrot, 1/2 avocado, and a pear are all you need to get your 3-7 servings of fruits and vegetables.



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