

# Tips for Living Well for Men

**Know your BAC and how alcohol affects men**

**Conduct testicular self-exams once a month**

**Get clear consent**

**Install smoke detectors**

**Maintain a healthy weight**

**Get 7-8 hrs of sleep each night**

**Manage stress levels, and talk to  
someone if they get too high**

**Wear seatbelts, helmets, condoms & sunscreen**

**Get a yearly physical**

**Get tested for STD's, including HIV**

**Eat more fruits & veggies**

**Know your family history of heart disease  
and other illnesses**

**Stay smoke-free**

**Wear flip flops in communal showers  
& locker rooms to prevent warts**

