



THE HAIRY FACTS
about

MEN'S HEALTH

SCHEDULE A PREVENTIVE SCREENING TODAY!



Men who climb 50 stairs or walk 5 city blocks a day may lower their risk of heart attack by 25%.



Only
30%

of a man's overall health is determined by his genetics.

70%
is controllable through lifestyle.

Getting just 30 minutes of exercise each day can help men live longer and healthier.



Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.



JUNE IS MEN'S HEALTH MONTH.



South Carolina