

OPERATION

★ Live Well ★



Live Well Healthy Living Tips

OPERATION

★ Live Well ★

Men's Health Month

HEALTHY: FROM HEAD TO TOE

Live Well Healthy Living Tips



HEALTHY LIVING

A balanced diet rich in fruits and vegetables is the best bet to lose weight in a healthy way. Many popular fad or designer diets may be successful in shedding pounds, but are hard to maintain and may not provide the complete nutrition your body needs.

Recent and growing scientific research suggests the Mediterranean diet – a diet rich in olive oil, nuts, fresh fruits and vegetables – reduces the incidence of serious health conditions like heart attacks and strokes for those with a high risk of cardiovascular disease.

Also, to lower the risk of certain cancers, avoid smoking and second-hand smoke.



HEART HEALTH

According to the Centers for Disease Control and Prevention, for more than 30 years, excess weight, lack of physical activity, and unhealthy diets have been second only to tobacco use as preventable causes of disease and death in the United States.

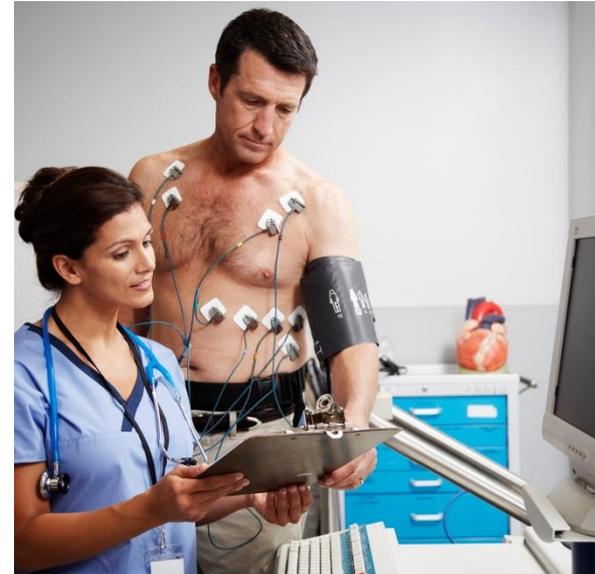
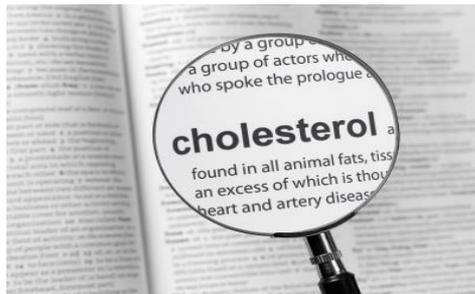
Regular physical activity is one of the easiest ways to stay healthy and one of the best things you can do for your overall health. Maintaining a healthy body weight and composition is also an important part of preventing heart disease.



AN OUNCE OF PREVENTION

The National Cancer Institute reports overall cancer rates continue to be higher for men than for women.

Routine cancer screenings allow for the early detection of issues that could turn into more serious health problems.

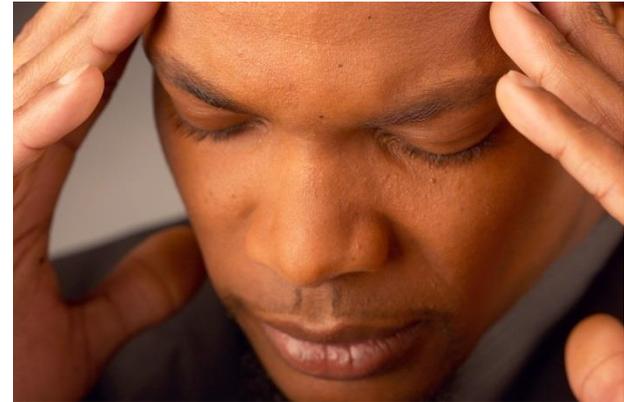


Tricare covers many cancer exams as part of its clinical preventive services including those for skin, colorectal and testicular cancer.

MENTAL HEALTH, LET'S TALK ABOUT IT

Many fear the stigma associated with mental health, but being mentally and emotionally fit is just as important as being physically fit.

There are resources available, like 1-800-273-TALK (8255), if you need care, and for those who pose an immediate risk to themselves or others.



RESOURCES

[Operation Live Well](#) is the Department of Defense's education, outreach and behavior change initiative designed to improve the health and well-being of all members of the defense community.

[National Suicide Prevention Lifeline](#), [Real Warriors](#), and [Military OneSource](#) connects those who need help to a trained counselor, 24/7.

[TRICARE's Live Well](#) healthy living section of TRICARE.mil offers beneficiaries tips and information on how to live a well balanced life.

CDC celebrates [National Men's Health Week](#) June 10-16 to heighten the awareness of preventable health problems, promote healthy living and encourage early detection and treatment of disease among men and boys.

