



Men's Health Month: A Time to Prioritize Your Health and Well-Being

June is Men's Health Month—a month dedicated to raising awareness about the health challenges men face and encouraging early detection and treatment of disease among men. It's the perfect occasion to take a step back, reflect on your health, and make positive changes that can lead to a longer, healthier life.

According to the Centers for Disease Control and Prevention (CDC), only **28.3% of men aged 18 and older** meet federal physical activity guidelines for both aerobic and muscle-strengthening activities. Additionally, a 2022 report revealed that nearly **52% of men aged 20 and older** have hypertension, either through high blood pressure readings or by taking medication.

These statistics highlight the importance of focusing on nutrition, physical activity, and lifestyle habits. Small changes can make a big difference.

Ways to Celebrate Men's Health Month

1. Schedule an Annual Wellness Exam

Many men avoid regular check-ups, but preventive care is key. Even if you feel fine, annual wellness visits help detect potential issues early and keep you on track with your health goals.

2. Get Regular Screenings

Health screenings are essential for early detection and prevention. Depending on your age and risk factors, your doctor may recommend:

- Blood pressure checks
- Cholesterol testing
- Obesity and body composition assessments
- Testicular exams
- Metabolic screenings (blood sugar, lipid profile)
- Cancer screenings
- Eye and dental exams

Establishing a baseline now helps monitor your health over time.

3. Prioritize Mental Health

Mental health is just as important as physical health. Depression and anxiety are among the top mental health issues among men, yet many are reluctant to seek help. According to the National Institute of Mental Health, men and women may experience similar mental health conditions but often show different symptoms.

Common signs in men include:

- Anger, irritability, or aggressiveness
- Changes in mood, energy, or appetite
- Sleep disturbances
- Increased worry or feelings of hopelessness
- Risky behaviors

Recognizing these signs in yourself or others is the first step toward healing. Don't hesitate to reach out for support.

4. Build a Self-Care Routine for Body, Mind, and Spirit

Self-care isn't selfish—it's essential. Here are some ideas to help you build a personalized self-care routine:

- **Practice mindfulness and relaxation** – Mindfulness is about being present in the moment without judgement. Try breathing exercises, meditation, or progressive muscle relaxation to help reduce stress.
- **Practice gratitude** – Write down one thing you're grateful for each day. A gratitude journal can be a powerful tool for reflection.
- **Exercise regularly** – Move your body daily. Incorporate more walking into your routine. Physical activity boosts both physical and mental health.
- **Eat a healthy diet** – Focus on balanced meals and portion control. For inspiration, check out Illinois Extension's *Live Well. Eat Well.* blog.
- **Stay hydrated** – Drink plenty of water and limit sugary or caffeinated drinks.
- **Get quality sleep** – Stick to a consistent sleep schedule and avoid screens before bed.
- **Explore more wellness tips** – Visit the National Institutes of Health's "Your Healthiest Self: Wellness Toolkits" for additional resources.

Men's Health Month is a great reminder that your health matters. Whether it's scheduling a check-up, starting a new fitness routine, eating more fruits and vegetables, or simply taking a moment to breathe and reflect, every step counts. Let this June be the beginning of a healthier and more balanced you.

Sources:

<https://www.cdc.gov/nchs/fastats/mens-health.htm>

<https://www.brownhealth.org/be-well/importance-mens-health-month>

<https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/awareness-menshealth-june2021.html#:~:text=Bringing%20Awareness%20to%20Men%27s%20Health,a%20better%20quality%20of%20life>.

<https://allinforhealth.info/resources/mental-health-resources-for-men/>

<https://www.nimh.nih.gov/health/topics/men-and-mental-health>

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

About the Author

[Sara Attig](#) is a Family Life Educator with University of Illinois Extension, serving Livingston, McLean, and Woodford Counties. Attig uses her expertise to deliver impactful and meaningful programs about the dimensions of wellness, aging, and much more to Livingston, McLean, and Woodford Counties and beyond.