

# PROACTIVE STEPS TO BETTER HEALTH

**H**ackers Unlimited is committed to raising awareness about the importance of preventive healthcare and taking the necessary *“proactive steps to better health”*. The following tips have been compiled from reputable health resources.

1. If you are a smoker, **STOP SMOKING!** *Tobacco is the leading cause of cancer.*
2. Exercise 30 minutes or more at least 3–4 times a week. It will improve your overall health and help you manage stress. *Walk/jog/bike/swim/aerobics.*
3. Drink more water – less soda and juice. *Health experts typically recommend the 8 X 8 rule (64oz).*
4. Eat more fruits, vegetables, nuts, and beans (*bananas, apples, green & leafy vegetables*).
5. Slash fast food, which is responsible for most trans fatty acids (*snacks and sweets*).
6. Consume less red meat and fried foods. Eliminate cured and processed meats (*corned beef, bologna, ham, and hot dogs*).  
*Instead, eat more turkey, fish, chicken, and plant-based foods.*
7. Cut back on sodium, sugar, and bleached white flour. *Trade processed carbs for fiber-rich whole grains (like brown rice).*
8. Take a multi-vitamin and 1-2 baby aspirins a day (*per your doctor’s instructions*).
9. Put more Omega 3 fatty acids in your diet (*fish, chicken*).
10. Avoid eating late, keeping in mind that moderation and smaller portions can make a difference.
11. Check your blood pressure regularly. Blood pressure ranges are:
  - ♦ **Best: 120 over 80**
  - ♦ **Okay: 130 – 139 over 85 - 89**
  - ♦ **Good: 120 - 129 over 80-84**
  - ♦ **Bad: 140+ over 90+**
12. Know and understand the range of total cholesterol:
  - ♦ **Best: 200**
  - ♦ **Borderline: 200- 239**
  - ♦ **High: 240**
13. Get regular Prostate Specific Antigens (PSA) and Digital Rectal Examinations (DRE), which are crucial in detecting prostate cancer in the early stages. *Medical studies show that prostate cancer is much higher among African American men than any other group.*
14. Skin Cancer is one of the most common kinds of cancer and one of the most preventable. *Protect yourself from the sun.*
15. **Talk! Laugh! Have Fun! Take Time to Enjoy Family and Friends!** *It’s good for your heart and emotional health.*

## Recommended Health Screenings for Men



- Blood Pressure
- Cholesterol (bad LDL, good HDL & triglycerides)
- Diabetes – A 1 C
- Skin Cancer Check
- Testicular self-exam monthly; annually by physician
- Prostate Cancer Screening (age 50; sooner if you have a family history or symptoms)
- Colorectal Cancer Screening (age 50; sooner if you have a family history or symptoms)

**Don't Procrastinate! Get Annual Check-Ups! Celebrate Every Step!**