MEN

Hacking Your Health

> As men age, mental health, cognitive health, hormone levels typically change. Learn how to "hack your health" so you can prevent or manage these changes over time and have control of your health.

Preventive Care

Talk with your doctor regularly and get your annual screenings. This information is helpful in determining if you need a supplement like zinc or vitamin D. Your doctor may have helpful advice in natural ways to increase depleted testosterone or boost cognitive health as well as catch potentially worrisome symptoms and diseases.

Diet

One of the biggest, easiest things you can to do hack your health is through diet. Everyone needs to eat everyday and only you choose what to consume. Food is one of the biggest make or break components of your health. Track what you eat and how you feel afterwards. Focus on a balanced diet with whole foods rich in nutrients.

Take Advantage of Tech

Smartwatches, phones, and other devices, provide people with a wealth of data about their bodies, allowing them to tweak their health and improve athletic performance. Tracking your sleep, recovery, steps among other things can tell you a lot about your body. Use this data to determine what foods, exercises, or behaviors help you feel the best and recover the fastest. Lean into customizing your routine and setting personalized goals based on the information at your fingertips.

Movement

One of the best ways to improve both mental and physical wellbeing is by adding more movement to your day. Track your steps, try a new workout routine, or schedule time for your favorite hobby.

Mental Health

Depression affects **1 in 8 men** at some point in their lies and anxiety affects 1 in 5. Many men go undiagnosed due to unrecognized or downplayed symptoms. Some men are not willing to talk openly about feelings with family, friends, or a health care professional. Others are not wanting treatment or covering feelings with other behaviors. Mental health largely impacts men especially as they age and experience life changes.

Alternatives

Men typically respond better to intermittent fasting or cold-water therapy. Consider trying these practices to switch up your routine and find what works for you.

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2025 June Resources