Nebraska Office of Men's Health

Be Active. Be Healthy. Be Well.

- Aim for 150 minutes of moderate activity weekly.
- Strengthen your bones with weight training
- Eat a diet that includes fruits, vegetables, whole grains, and fish.
- Know your Numbers (blood pressure, cholesterol and blood glucose). Keep them in check!
- Get enough sleep and rest.
- Wear your seatbelt.
- Don't smoke or use tobacco products.
- Ask your doctor about the screenings and tests you need and when to have them.

Call 1-800-532-2227 to find out if you are eligible for the screening program listed below:

Colon Cancer Screening

For Men and Women ages 50-75

- Fecal Occult Blood (FOBT) Test
- Colonoscopy

Nebraska Office of
Women's and Men's Health
301 Centennial Mall South,
Lincoln, NE 68509-4817
toll free (800) 532-2227
www.dhhs.ne.gov/menshealth

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