

Get the MOST

Out of Life: Your Teens & 20s

FITNESS FOUNDATION



Men in the United States come in all shapes and sizes.



5' 9.5"
Average Height
191 lbs.
Average Weight

Metabolism for men in their **20s** runs at **full speed**.

This means that you can have a few sweets and skip exercise now and then without gaining weight. **But it can catch up with you.**



74% of men in the United States are considered **overweight** or **obese**.

Begin strength training and cardio now for **30 minutes** each, **3-5 days per week**.



Exercise can also cut your risk of **colon cancer** by **30-40%**.

BETTER SAFE THAN SORRY

65 MILLION

Nearly **one in four** Americans is currently living with a **sexually transmitted disease**.



Nearly **20 million** new **sexually transmitted infections** occur every year in the United States. Half occur in those between the ages of **15-24**.

15-24

For a combination of **behavioral**, **biological**, and **cultural** reasons, sexually active males aged **15-24** are at a higher rate of acquiring an **STD** than older males.

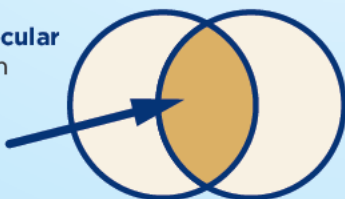
CHECK YOURSELF

1 in 270

Lifetime chance of developing **testicular cancer**.

Almost **1/2** of all **testicular cancer** cases are men between the ages of

20-34



1 in 5000

Risk of dying of **testicular cancer**. When caught early, testicular cancer can be treated and usually cured.

TOP 5 CANCERS
for males ages **15-35**



1. Testicular
2. Melanoma
3. Lymphoma
4. Colorectal
5. Leukemia

Talk to your doctor about screening exams for all cancers, particularly **testicular**, **lung**, **skin** and **colon cancer**.



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Men's Health Clinic

erlanger.org/urology