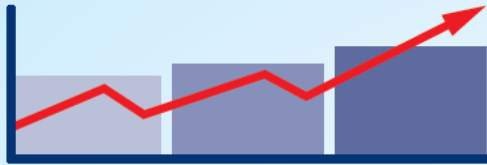


# Get the MOST Out of Life: Your 40s

## HAVE YOUR HEART IN THE RIGHT PLACE

Men in their **40s** see an increase in family, finances, and career responsibilities.



THIS CAN LEAD TO **STRESS**.



**Heart disease** is the **#1** killer of men **45-54**.

**1 in 4** American men die of **heart disease**.



### TIPS FOR DE-STRESSING



Regular Exercise



Yoga

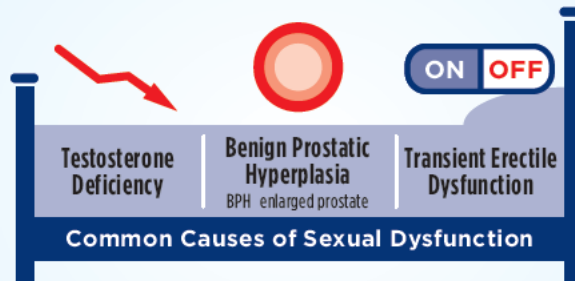


Meditation

## FALLING OUT OF BED

### Occasional impotence

affects about half of men between the ages of **40-49**.



Talk to your physician about any **physical, psychological, or dietary conditions** and/or medication-associated issues that may cause **sexual problems**.

## GAIN A NEW PERSPECTIVE

More than **4 MILLION**



adults in America over the age of **40** have vision problems.



Schedule regular **eye exams** in your **40s** and beyond.

The most common vision problems for men between ages **41-60** is the inability to **focus** and **see clearly**.

## STEPPING ON THE SCALES

### BODY MASS INDEX CALCULATE YOUR BMI

weight in lbs. x 703 =   
 ÷ height in inches =   
 ÷ 70 = **BMI**

**HEALTHY** **OVERWEIGHT** **OBESE**

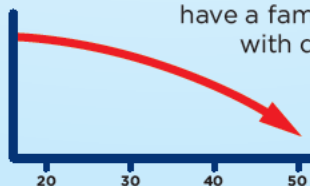
18.5 25 30 +

**39.5%** of men **40** years and older are considered obese.

Talk to your doctor about **diabetes screening** starting at age **45**. Start younger if you are overweight and physically inactive, or have a family member with diabetes.



Being **overweight** or **obese** can lead to a myriad of health problems, including diabetes.



As you age your metabolism decreases. Know your BMI.



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