



make **TODAY**
 U T T E R L Y
FEARLESS

Whether you're an eligible bachelor, a busy dad, or a proud grandfather, you play an important role in the lives of those around you. So take care of the basics to stay on top of your game.

Celebrate good health

In honor of men's health month, take a look at your lifestyle. Be mindful of your eating and exercise habits, and check in with your doctor to see if you need any preventive screenings.

Stay in training.

Help lower your risk of colon cancer by 40 to 50% with 30 minutes of moderate exercise, 5 times a week.

Crunch more often.

Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts can help protect against many diseases, including cancer.

Sip slowly.

A good guideline for drinking alcohol is no more than 2 drinks a day for men.

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