

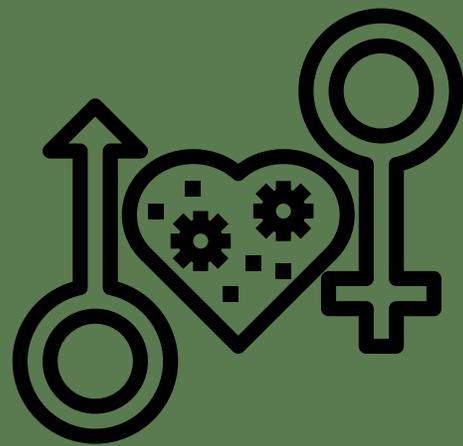
# *Sexual Wellness Tips for Men*

*Maintaining a healthy mind and body*

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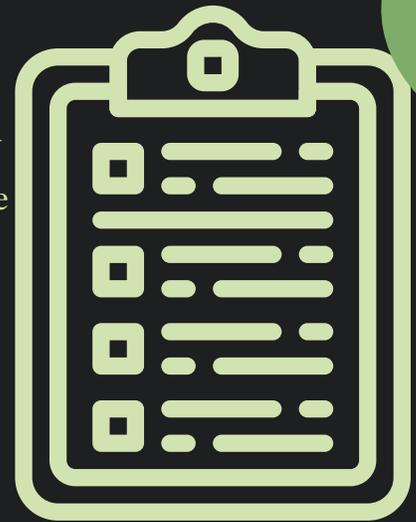
# *The Importance of Healthy Sexuality*



Sexual health is an integral part of living an authentic life. Making it a priority can significantly improve your emotional, physical, and mental well-being, as well as enhance your intimate relationships!

# Men's Health Checklist

One of the key factors to an enjoyable sex life is living a healthy lifestyle. Always work with your Primary Care Provider to make sure you are keeping your health in check.



**Normal BMI**  
is  
18.5 - 24.9

33

% of men have  
high blood  
pressure

Get 150 minutes  
or 2 1/2 hours of  
physical activity  
a week

Aim for *less*  
than  
150 mg/dL  
for a healthy  
triglyceride level

Screen for  
Prostate  
Cancer  
starting at age  
55

If your BMI  
is between  
30-39.9  
you are  
considered  
obese

35

% of men are  
obese

Get a  
testicular  
exam  
annually

Blood pressure  
*higher* than  
135/80 mm Hg  
may be a sign of  
diabetes or  
cardiovascular  
disease



## Top Three Cancers for Men

1. Prostate
2. Lung
3. Colorectal

7-9 hours of  
sleep  
is recommended  
for adults

Preferred  
Cholesterol  
range:  
Less than  
200 mg/dL

120/80  
mm/Hg is a  
normal blood  
pressure  
range

Get your  
Cholesterol  
checked every  
5 years

See your doctor  
for routine  
check-ups to  
spot a number of  
conditions

# Mindfulness

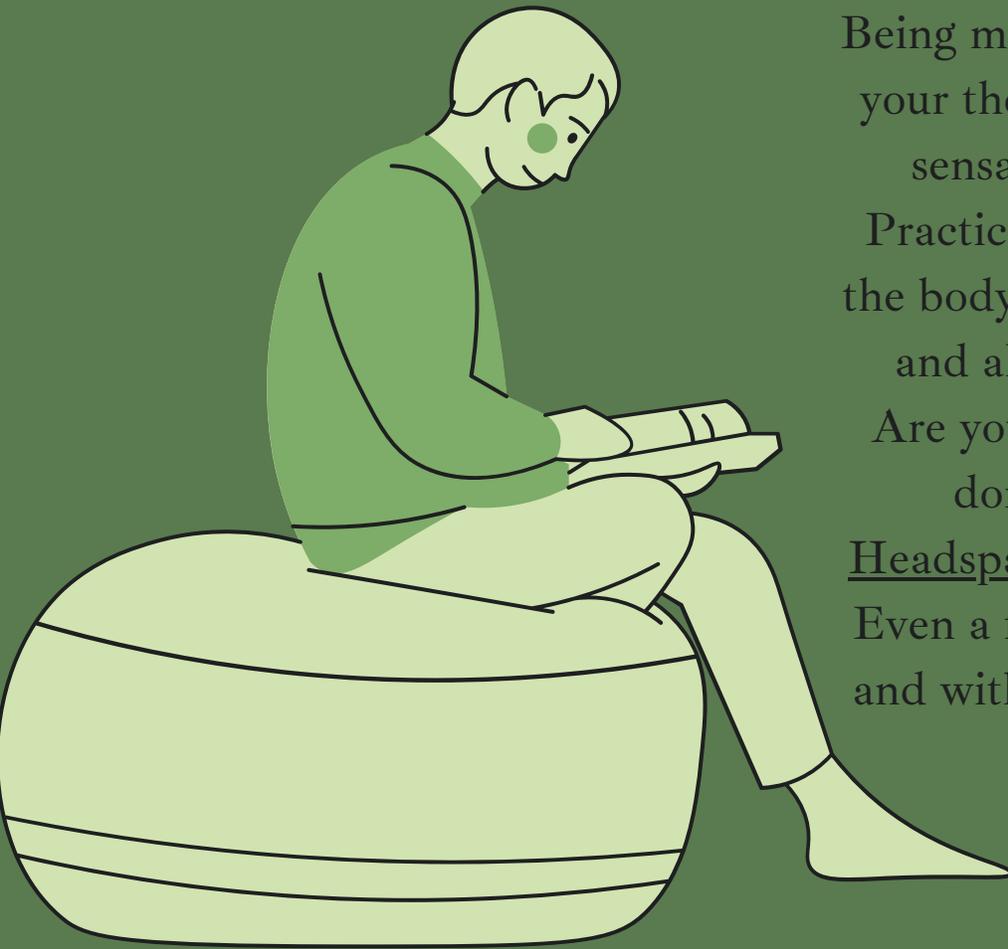
Being mindful means being aware of your thoughts, feelings, and bodily sensations in your day-to-day.

Practicing mindfulness is good for the body and mind, helps with focus and also changes your mindset.

Are you new to meditation? Why don't you try an app like

Headspace, Calm, or Simple Habit.

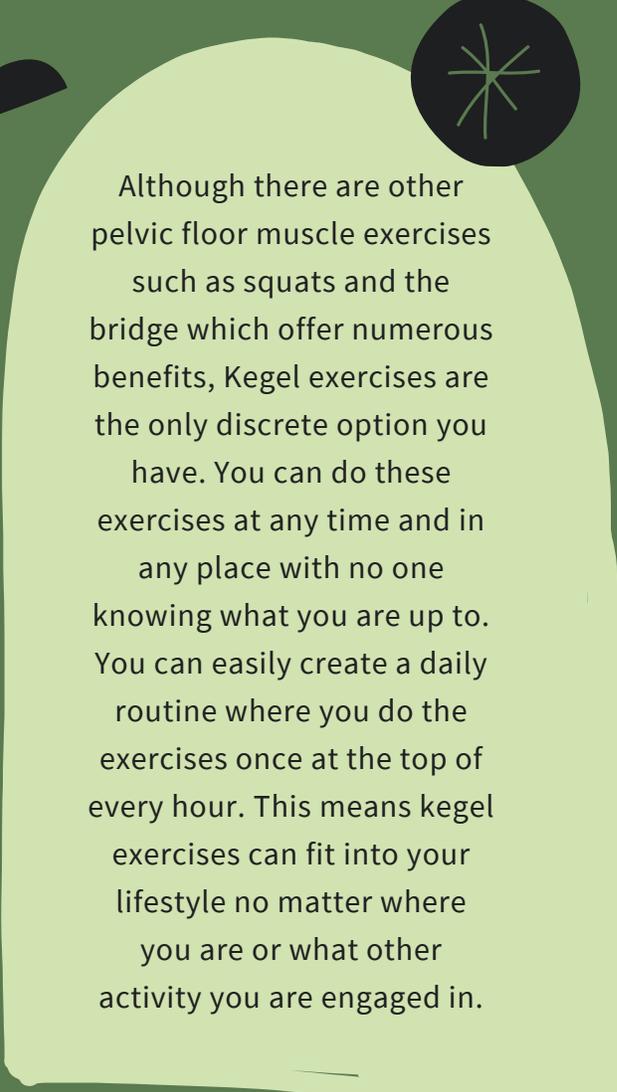
Even a few minutes a day can help, and with time and practice you will see a difference!



*Connect with Sarah  
to discuss more mindfulness techniques by  
scheduling your one-on-one zoom call.*

# Kegel Training for Men

Kegel exercises are pelvic floor exercises used to strengthen pelvic muscles. Muscles in the pelvic floor help in increasing blood flow into the groin and are active during sexual intercourse. If you would like to enhance your sexual function, then you need to put in some effort and time on kegel exercises.



Although there are other pelvic floor muscle exercises such as squats and the bridge which offer numerous benefits, Kegel exercises are the only discrete option you have. You can do these exercises at any time and in any place with no one knowing what you are up to. You can easily create a daily routine where you do the exercises once at the top of every hour. This means kegel exercises can fit into your lifestyle no matter where you are or what other activity you are engaged in.

## How to tighten your pelvic floor muscles:

Squeeze the muscles in your anus (like you are holding a bowel movement).

Relax your pelvic floor muscles after each attempt.

Repeat this exercise 10 to 20 times.

*When you do your Kegel exercises, remember:*

Do not hold your breath.

Do not push down. Squeeze your muscles together tightly and imagine that you are trying to lift this muscle up.

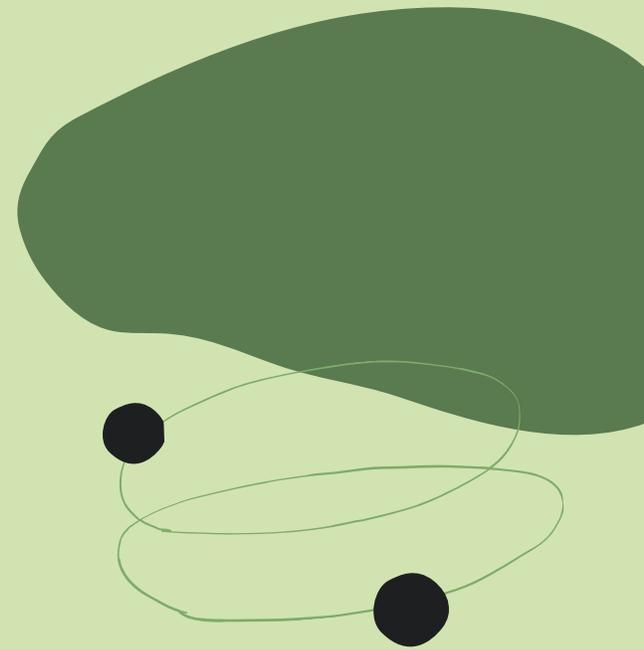
Do not tighten the muscles in your stomach, buttocks, or thighs.

Relax your pelvic floor muscles between each squeeze.

Kegel exercises are part of the treatment options for erectile dysfunction (ED). In some cases having a lifestyle change in combination with these exercises satisfactorily improves ED symptoms. For some men, Kegel exercises are included along with other interventions such as counseling, therapy, and other treatments in managing ED.

Working one-on-one with me can help!

# *Self-care Practices Look Different for Everyone*



For some, it can mean staying still while for some it can mean being active. The main idea is to engage in an activity that recharges or energizes you. Your goal is to find something that works for YOU. It may take time, but incorporating healthy habits into your daily routine (even small changes) is a positive step forward for your sexual well-being.

*Thank you for reading and  
hope this information helps! Let's work  
together if you want an accountability  
buddy!  
-Sarah*

*Need more insight & support?*



## *Contact Sarah*



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