

Taking Care of Your Health as a Dad

Description



[Image Credit](#)

In this article, weâ€™re going to look at a number of factors that are relevant to taking care of your health as a dad, particularly as you get older.

Menâ€™s health is different to that of womenâ€™s health, and men suffer from a variety of issues women donâ€™t â€“ for instance, male pattern baldness is something some men are genetically predisposed to, and whilst it is relatively common in society it is something that can still cause much trauma to the ego of many men.

Similarly, there are issues such as hearing loss and eyesight issues that affect both genders, and of course diseases such as diabetes, heart disease and stroke are also common in both genders. There are specific formulations of vitamin supplements that are known to be good for men, though in the majority of cases, common sense and stable health practices such as ensuring plenty of hydration and reducing fat in your diet.

In this article, weâ€™re going to look at some of the core prophylactic measures you can take to ensure you have optimum health as you grow older. Of course, there are remedial devices such as how a pair of glasses can help correct eyesight deterioration and a [hearing enhancer](#) can amplify sound to make it easier to hearâ€¦ but, prevention is often better than cure, and so in that spirit letâ€™s take a look at some of the aspects of your health you might want to consider taking better care of.

1. DIET

What you eat you become. Weâ€™ve all heard this phrase, time and time again, yet we still manage to stuff our faces with food that isnâ€™t good for us. The reason for this is that many people are emotional eaters, meaning they eat to derive pleasure and celebrate or derive comfort and commiserate.

The challenge with this approach to food, however, is that itâ€™s being used as a â€œdrugâ€• rather than a fuel, and in that sense, we arenâ€™t always making the wisest choices for our health â€” as we are placating our emotional urges rather than physiological needs.

Consider the food you eat to be like a bank account, in that there are certain things that are â€œdepositsâ€• (e.g. a [healthy meal](#)) and there are also withdrawals (e.g. a greasy doughnut that clogs your arteries). This way, you can simply keep track of whether youâ€™re starting to get overdrawn.

2. HYDRATION

Again, we all know that the body (and particularly [the brain](#)) is made up mostly of water, yet we often live in a perpetual state of chronic dehydration. This causes headaches, low mood, stress and aches and pains throughout all our muscles.

The simplest solution to improving your health is found in the process of drinking more water. The more water you drink, within reason, the healthier you will become. There are many scientific reasons for this, but in a nutshell, you just need to make sure you are drinking a LOT of water in order to stay in optimum health.

3. CARDIOVASCULAR FITNESS

In addition to diet, fitness that raises your heartbeat is a good preventative factor when it comes to fending off heart disease. Now, if you are in a state of poor health the last thing you want to do is start going to the gym and engaging in extremely intense sport, as this is likely to do more harm than good.

The trick is to start off slow, and build up gradually, to ensure you are maintaining a healthy heart. Using a heart rate monitor can be helpful to assess where your heart rate is within a class, and ensure it remains within a safe zone.

4. FLEXIBILITY

Something a lot of guys focus on, when it comes to being fit is building their muscles so that they â€œlook goodâ€•, yet this can sometimes be at the detriment to health in longevity. For instance, if you overwork your chest muscles without focusing on your upper back, you are likely to become hunched over which can cause postural problems down the line.

Flexibility is more important than strength when it comes to functional fitness, so getting yourself to a yoga class, or simply following along on YouTube makes a lot of sense to ease common complaints such as back pain.

5. STRESS

[Stress is known as one of the biggest killers](#), in the sense that it's often the underlying cause for physiological changes in the body that lead to disease. There's an idea that the mind controls the body and in that sense, you want to remember that your physical health is directly linked to your mental health. Always take note of your mental health and ensure to seek help if necessary. There are plenty of products out there that can help with stress, from chamomile teas to [a list of full spectrum oils](#). You can also reach out to a doctor, therapist, support groups, helplines, friends and family if you are struggling. Remember, you are never alone!

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