

June 2026

Self-Care | Made Simple – Eat Well

Self-care does not have to be complicated, but it should include actions that promote your physical, mental, and emotional health. “Self-Care | Made Simple” offers practical tips – easy, actionable steps you can take to enhance your wellbeing. This month’s focus is to “**Eat Well**” with this tip: **Consistent, balanced nutrition supports men as they age.**

One of the most powerful ways to support your body over time is through simple, consistent nutrition habits. Eating well helps fuel energy, protect muscle mass, support heart health, and keep your mind sharp as the years go on.

As men age, metabolism changes, muscle mass naturally declines, and the risk for conditions like heart disease and diabetes increases. The good news? What you eat can help support your body through these changes—without strict diets or major overhauls.

Why Eating Well Matters as Men Age

Eating well helps:

- Maintain strength and muscle to support mobility and independence
- Support heart health and healthy cholesterol levels
- Stabilize energy and focus throughout the day
- Support metabolism and healthy weight management
- Promote overall vitality and long-term health

Simple Ways to Eat Well

Small, intentional changes can make a meaningful difference:

- **Prioritize protein at meals.** Include lean protein like fish, poultry, beans, eggs, or Greek yogurt to support muscle and satiety.
- **Fill half your plate with plants.** Fruits and vegetables provide fiber, vitamins, and antioxidants that support heart and digestive health.
- **Choose healthy fats more often.** Foods like olive oil, nuts, seeds, and avocado support heart health and help you feel satisfied.
- **Stay hydrated.** Dehydration can happen more easily with age—aim to drink water consistently throughout the day.
- **Eat regularly.** Skipping meals can lead to low energy and overeating later. Steady fueling helps maintain balance.

Fuel your body well now, and you’re supporting the strength, energy, and health you want for the years ahead.