

# Get the MOST Out of Life: Your 30s

## SURVIVAL OF THE FITTEST



After age **30**, men's bone mass begins to decline. This can lead to an increase of **fractures**.



Include **strength training** in your workout to keep your muscles strong.

### Slow Burn

Your body uses **12 fewer calories** a day every year past the age of **30**.

**Solution:** eat less and practice portion control.



## FAMILY MAN

**29**

The average age men in America get married.

The majority of men in their **30s** are married or in a committed relationship. Most have kids or will start a family during this decade.



**1 in 3**

**infertility cases** are caused by male reproductive issues, like poor sperm quality or low sperm count.



**1 in 5**

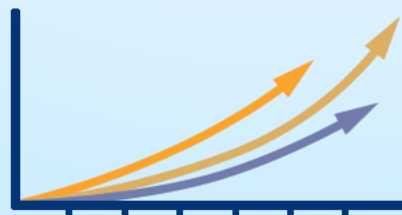
couples have problems with **infertility**. That's over **7.5 million** men in the United States.



Talk to your physician about **safe sex, STD/HIV prevention, and infertility**.

## TALK TO YOUR DOC

During your **30s**, **cholesterol, body fat, and blood pressure** begin to rise.



Men in their **30s** should get a complete physical every **3 years**.



It's vital to have a baseline of your health for the next decades to come. Yet **27%** of men will not visit a doctor.

Be one of the **73%** who will.



**erlanger**  
Men's Health Clinic

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