

10 'gold standards' for men to self-assess their health

After age 40, men's health declined. 10 standards can help you check your health, thereby finding solutions to improve and improve quickly.

1. It seems simple but this habit is quietly killing your brain every day
2. Unexpected effects of lazy sunbathing

Health experts often say that, when men enter middle age, they are like a branching stream, the lower the tributaries, the less water and slow flow.

Middle age is the best period of men when their career and family are full now. In parallel with those successes, they also face health problems at this age. Each passing day is a day when health is consumed more or less, making health go down. At this age if your body does not have a major illness, there will be minor illnesses.



Therefore, after 40 you need to pay special attention to your health more. To find out what you need to do to be healthy, follow these 10 criteria.

1. Grip: At least 40kg

According to research by experts, middle-aged men with higher hand holding force often have a higher life expectancy.

To do this, do the following: Stand two feet apart, extend with your shoulders, relax your shoulders. Adjust the handheld meter to the appropriate level, then squeeze the gauge up and down about 2 times, taking the higher measurement data.

When measuring, you should not swing your arms or squat or use any external effects, so you will not get the most accurate results.

Men in middle age, if the force reaches 40kg, this is considered standard. If not enough, you need to review yourself, practice more exercises to improve grip, squeeze rubber balls or hand tools.

2. Dental health: Strong teeth

According to Chinese medicine, healthy kidneys appear in bones, but teeth are the protruding bones of humans. So, if you want to know if your kidneys are strong or weak, look at your teeth to see how well your body is.

3. Strength: Walk 3 km within 28 minutes



In middle age, if you want to test your strength, can you walk fast to verify.

For healthy 40-year-old men, they will have to walk at least 3km within 28 minutes. Normal speed is 134 steps / minute.

4. Height and weight: Appropriate proportion, balance

When your body turns middle-aged, you need to pay attention to your physical condition. Keep it moderate, don't get too fat or too skinny. In order to know how your body is, you can rely on the following formula:

Standard weight (kg) = Height index (cm) - 100 (male) and 105 (female)

For example, the male height is 1.75m and the standard weight is $175 - 100 = 75\text{kg}$. And the female height is 1.60m, the standard weight is $160 - 105 = 55\text{kg}$.

According to medicine, people with fat bodies are more likely to develop some diseases related to inflammation, sputum, excess moisture. In contrast to those who are too thin, they must face some diseases such as hot, hot,

and negative.

5. Ejaculation ability: Once reach 5ml



For men with good health, in each relationship, 5ml sperms should be exported once. This is the criterion for us to know if your prostate is healthy.

To measure the exact amount of sperm, you can pour 5ml of water into a condom, remember the level of water contained in it, after ejaculation can check sperm count according to the level you remember.

6. Sleek hair

Smooth hair, beard is also a sign that your health is very good, full of blood. For those who are weak, their hair will quickly lose its weight.

7. Quick-handed limbs: 20 seconds of jumping changes the leg 36 times



To know if your body is agile, you can use the following method:

Measure the distance of about 1m, then draw on 3 straight lines. You stand in the middle line, two feet stand on the middle line, then you jump from middle to left, middle, right, repeat like that for about 30 rounds in 20 seconds.

8. Heart function: Heart rate maintained at 60-90 times / minute



For men of this age, the level of heart maintained about 60-90 times / minute is considered a normal health. If your heart has a big difference, it is best to get an early check-up to check for the right disease.

9. Brain: Maintaining good memory

The brain is the main organ to assess a person's health. All of our daily activities are related to brain function. People with good health often have a good brain, good memory.

10. Psychology: Emotion is stable, maintaining a positive attitude



Human emotions express their health and greatly affect their physical health. When emotions reach a negative level, it will affect the five organs, hurting the cells.

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