



Men's Wellness Throughout the Years: Tips for Every Age

Prioritizing our health becomes even more important as we grow older. Our bodies and needs evolve with time, and staying aware of those changes helps us take proactive steps toward lifelong wellness.

Your 20s—It is time to start the habit of health. Eat a balanced diet, be active daily, use sunscreen, and get eight hours of sleep.

Your 30s—Life is busier with careers and family life, but continue to be active and keep up with nutrition habits. Schedule yearly screenings with your doctor.

Your 40s—Start seeing your doctor regularly for your heart and prostate, and schedule a colonoscopy. Continue regular wellness checks, eat a healthy diet, and be physically active.

Your 50s—Now is the time to start asking your doctor if the pneumonia or RSV vaccine is right for you. Joints can start becoming sore; keep active and try activities like swimming or a bike ride.

Your 60s—Keep your mind sharp by joining a local club. Make sure to stay engaged with friends and family members.

Your 70s and beyond—Start keeping yourself and your home safe. Remove tripping hazards, stay physically active, be informed of your medications, and keep your home at a comfortable temperature.

Throughout the decades, remember to stay up to date with your vaccinations. They help to protect you and others around you from certain diseases. Everyone should get the flu shot every year and any other vaccines as recommended by your doctor. Talk with your doctor about what vaccines you may need.

This information does not replace the advice of a doctor.

UPMC Health Beat. Men's Health Tips by the Decades. May 18, 2023. Accessed Aug. 15, 2025. share.upmc.com/2014/06/mens-health-tips-decades/?source=search-results_title