



Patient name: _____ Date: _____

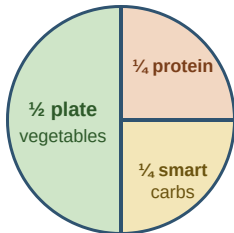
YOUR HEALTHY HABITS GUIDE

Testosterone Program · Treatment works best together with the everyday habits below.

WHY HABITS MATTER

Your body's own testosterone is affected by your weight, sleep, activity, stress and alcohol use. Healthy habits can improve your energy, mood and strength, help protect your heart, and make your treatment work better. For many men, losing extra weight around the waist helps raise testosterone naturally.

1. EAT FOR ENERGY AND STRENGTH



- **Protein at every meal:** a palm-sized portion of chicken, fish, eggs, lean beef, Greek yogurt, beans or tofu. Protein helps build and keep muscle.
- **Lots of vegetables and some fruit,** plus whole grains and other smart carbs in small portions.
- **Healthy fats:** olive oil, avocado, nuts, seeds, and fish such as salmon or sardines twice a week.
- **Choose whole foods** over fast food, fried food, sweets and packaged snacks.

Good choices

- Water through the day, about 8 glasses (64 oz). Being well hydrated also helps your lab results.
- Eggs, fish, lean meats, beans, nuts, leafy greens.
- Foods with zinc and vitamin D, such as seafood, lean beef, eggs, beans and dairy.

Limit

- **Alcohol:** heavy drinking lowers testosterone. Keep it to 2 drinks or fewer a day, and not every day. Less is better.
- Soda, sweet tea, energy drinks and other sugary beverages.
- "Testosterone booster" supplements and products from gyms or online. Ask Dr. Vo before taking any supplement.

2. EXERCISE: STRENGTH AND CARDIO

Strength training

- **2 to 3 days a week**, working the major muscle groups: legs, back, chest, shoulders and core.
- Squats, lunges, push-ups, rows, presses, with weights, bands or body weight.
- Start light, learn good form, and increase slowly. Rest at least one day between workouts for the same muscles.

Cardio and daily movement

- **150 minutes a week** of moderate activity, such as brisk walking, cycling or swimming.
- Walk after meals, take the stairs, and avoid sitting for long periods.
- Ask Dr. Vo before starting a hard workout program if you have heart disease or chest pain with activity.



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3. SLEEP: WHEN YOUR BODY MAKES TESTOSTERONE

- Most of your body's testosterone is made during sleep. Aim for **7 to 9 hours** a night.
- Keep a regular schedule: go to bed and wake up at the same time every day.
- Keep your bedroom dark, quiet and cool. Put screens away 30–60 minutes before bed.
- No caffeine after 2 pm, and no alcohol or heavy meals within 3 hours of bedtime.
- **Sleep apnea:** testosterone treatment can make sleep apnea worse. Tell Dr. Vo if you snore loudly, stop breathing or gasp at night, or feel very sleepy during the day. If you use a CPAP, use it every night.

4. MANAGE STRESS

- Long-term stress raises cortisol, which can lower testosterone, energy and sex drive.
- Build in daily stress relief: exercise, a walk outside, slow deep breathing, prayer or meditation, hobbies, time with family and friends.
- Set limits on work hours and screen time when you can.
- If you feel down, irritable or anxious most days, tell Dr. Vo. Mood changes can also be a side effect of treatment.

5. STAY ON TRACK WITH YOUR TREATMENT

- Keep every injection visit and your 3-month visit with Dr. Vo. **Get your lab work done before each 3-month visit.**
- Don't use testosterone, steroids or hormone products from any other source.
- Tell Dr. Vo about new medicines, if you are planning to have children, or if you notice swelling, breast tenderness, trouble urinating, or headaches.
- Keep track of your energy, mood, sleep, weight and strength. Bring your notes to your visit.

My goals until my next visit

Choose one or two small changes. Small steps you keep are better than big changes you can't.

1. _____
2. _____

Call us at 469-931-2602 with questions or side effects. **Call 911** for chest pain, trouble breathing, sudden weakness or numbness, trouble speaking, or sudden leg pain or swelling.

This guide is general information and doesn't replace advice from Dr. Vo about your own health. Results vary from person to person.