

TAKE CARE OF YOURSELF MO BROS

MADE IN MOVEMBER

LOOKING AFTER YOUR HEALTH

KNOW YOUR NUMBERS



MOVEMBER FOUNDATION
CHANGING THE FACE OF MEN'S HEALTH
PROSTATE CANCER | TESTICULAR CANCER | MENTAL HEALTH

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**KNOWLEDGE
IS POWER
PREVENTION
IS EVERYTHING
EARLY
DETECTION
IS KEY**

**BY TAKING A FEW
SIMPLE STEPS SUCH AS
MAINTAINING A GOOD
DIET AND TAKING
ACTION EARLY WHEN
EXPERIENCING A
HEALTH ISSUE, EVERY
MO BRO CAN IMPROVE
THEIR CHANCES OF
LIVING A HAPPY AND
HEALTHY LIFE.**

**HERE ARE A FEW
SUGGESTIONS TO HELP
YOU BE THE BEST MO
BRO YOU CAN BE...**

KNOW YOUR NUMBERS

No matter your age, one of the most important things you can do to stay healthy is to know and track your key health numbers.

Tracking these and keeping them in the healthy range will lower your risk of heart disease, stroke, diabetes and many types of cancer.

THE HEALTH NUMBERS YOU SHOULD WATCH

- Body Mass Index / Weight
- Waistline
- Blood pressure
- HDL Cholesterol (healthy cholesterol)
- LDL Cholesterol (unhealthy cholesterol)
- Blood Glucose (sugar)

KNOW YOUR FAMILY HEALTH HISTORY

Knowing your family history is one of the most powerful tools to understanding your health and it all starts with a conversation. Talk to your family and take note of illnesses that a direct relative has experienced. Be sure to learn about relatives that are deceased as well.

Your genes can influence your risk of developing some forms of cancer, diabetes, heart disease, stroke, and make you more susceptible to many mental health problems.

MOVE

If you are not already doing some form of exercise, start small and work up to 20-30 minutes of moderate physical activity, 2-3 days a week. Also, try to stay on the move throughout the day - every little bit counts.

Take the stairs instead of the elevator, squeeze in a walk or run during your lunch break or try standing on public transportation, rather than sitting.

TAKE ACTION EARLY

If you experience a health issue, take action, as early diagnosis is often key to living a healthy life. Find some time and make an appointment with your doctor and don't be embarrassed to discuss your concerns. It could be one less worry to deal with.

DON'T SMOKE

If you do smoke, take steps to stop. Compared to non-smokers, smokers are about 20 times more likely to develop lung cancer. Smoking causes about 90% of lung cancer deaths in males and doubles your risk of heart disease. Get advice about how to quit smoking, as there are many options available.

SLEEP WELL

The quality of your sleep can dictate how much you eat, how fast your metabolism runs, how well you can fight off infections and how well you can cope with stress. Make sure you get enough sleep and keep a regular sleep pattern by going to bed and waking up at roughly the same time.

EAT A HEALTHY DIET

Moderation is key, as is eating a wide range of foods to ensure you get a variety of nutrients and vitamins. When choosing your meals, ensure you fill up with fruits, vegetables, whole grains and healthy proteins like lean meats, poultry, fish, beans and nuts.

Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars. Drink water instead of beverages that contain a lot of sugar like soft drinks, sports drinks, fruit drinks or shakes.

STAY AT A HEALTHY WEIGHT

It's important to track your Body Mass Index ^(BMI) to ensure you stay in a healthy range. Being overweight can lead to general health problems and the risk of chronic diseases including type 2 diabetes, cardiovascular disease, hypertension, stroke and certain cancers with the risk greatly increasing for men with a waistline over 94^{CM}. Balance calories from foods and drinks with calories you burn off by physical activities.

MANAGE YOUR STRESS

Stress, particularly long-term stress, can be a factor in the onset or worsening of ill health. Managing your stress is essential to your health and wellbeing.

Take some time out to reflect on what will make you feel better and do something you enjoy whether it's sports, watching a movie or hanging out with your friends, get out there and have some fun!

STAY MENTALLY HEALTHY

There will be days when things don't go your way. To help cope with these times, take positive action by working on improving your mental health and wellbeing, just as you would with your physical health and fitness. Get active and feel good about what you have in your life by connecting with people around you at work, home and socially.

Everyone deals with problems differently so if you're not your usual self, be sure to reach out in a way that works for you. There is plenty of knowledge and tools out there to solve any problems that you may have. It's important to remember that it'll get better.

DRINK ALCOHOL IN MODERATION

Alcohol can be part of a healthy, balanced diet, but only if consumed in moderation. Give yourself the option of having alcohol-free days to detox your body and feel good.

WEAR SUNSCREEN

When you're enjoying life in the sun wear sunscreen with an SPF 30 or higher. Check regularly for changes to your skin, paying particular attention to moles, and if you're concerned about any skin changes see your doctor. Early diagnosis and treatment dramatically increases the survival rate from melanoma.

KEEP SMILING

Enough said.



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