



MADE IN MOVEMBER

LOOKING AFTER YOUR HEALTH

KNOW YOUR NUMBERS

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

MOVEMBER.COM

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 CHNACES 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.

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 94cm. Balance calories from foods and drinks with calories you burn off by physical activities.

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 well-being, 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 are 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.

