

# HEALTHY TIPS FOR MEN



## Find a good GP you can talk to

We understand that it can be hard opening up to a doctor but starting a discussion can be much easier if you find yourself a good GP that you are comfortable with.



## Talk about your stress and struggles to your GP

This way, together, you can develop a plan to manage stress and live your healthiest life.



## Limit your alcoholic drinks to <10 a week

Cutting your alcohol consumption means you are less likely to feel anxious or depressed, and you will reduce your risk of developing long-term health problems such as cancer, heart disease, stroke and liver problems.



## Be active every day

Physical activity or exercise can improve your health and wellbeing and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease.



## Have a check-up every year

Did you know that most men stop seeing a GP regularly during their teenage years? When it comes to health, prevention is better than cure which is why it is recommended that even if you feel healthy, it's wise to keep up to date with your appointments.

#1

Heart disease is the **number one** cause of death for Australian men

Just **5%** of men eat the daily recommended serves of fruit and vegetables



Suicide is the leading cause of death for males **under 44 years of age**



Men are **2x** likely to have a problem with drugs or alcohol

**1 in 5**

Men will experience **anxiety**

On average, men live **4 years** less than women



**Less than 50%** of men get enough daily exercise

**3 in 4**

Men are **overweight or obese**