

HEALTH & WELLBEING

Overall Health

Healthy Men



Take charge of your health, gents, it's important. The sooner you do it, the better.

Regardless of your age or general health, here are some men's health tips to help you take charge of your health.

Find a doctor.

Choose one you're comfortable with, so you can openly discuss all aspects of your health, from your mental state to your sexual function to your overall wellness.

Have regular check-ups.

Have a tendency toward denial? Don't ignore things like black stools, vision loss, or chest pain and stay on track with your annual check-ups. Just because you are feeling well doesn't mean you are well.

Vary your workouts.

The body gets comfortable when you always do the same workout. You have got to keep varying your exercises and make them age-appropriate with a mix of cardiovascular fitness, muscle training and stretching.

Know your family history.

If your dad or other family members have a history of hypertension, heart disease, diabetes or other chronic health conditions, you may be at higher risk for developing those conditions yourself. Your doctor can help you develop an action plan to minimise those risks.

Eat to be strong.

Getting enough nutrition is crucial. Focus on nutrients rather than calories and eat a variety of healthy foods.



Prioritise sleep.

Get at least 7 hours. That's not something you should compromise.

Check your head.

Mental health is really important. Think about this: Are you drinking too much? Are you paying attention to signs of depression or bipolar disorder, which often get missed? If you have a family history of mental illness, suicide, and/or substance abuse, it's helpful to see someone to help you review the signs and symptoms.

Stay ready for sex.

When you're stressed out, not sleeping, or drinking too much, you can't get an erection on demand, and a man's erection is a barometer for overall health. Exercising, eating well, and sleeping well are the best ways to be sure you're a stud in the bedroom.

Care for your prostate.

The prostate grows as you get older. You'll almost certainly have symptoms, like urinary problems. A healthy diet will reduce the likelihood of prostate growth and may reduce the risk of prostate cancer.

Give yourself permission to take a break.

Knocking off once in a while to play golf, head to the footy, or watch TV with your family aren't just fun ideas – they are medicine to keep stress at bay. Also look for creative ways to get some "you" time, like listening to audiobooks on your drive to work, going for a run or doing some meditation.

Stop smoking.

Ask your doctor to help you develop a plan of action, then pick a 'quit date' and stick with it.

Check list for your prostate

Are you experiencing...

- Increased urine frequency
- The urge to urinate without warning
- Increased urination at night
- Difficulty starting & sluggish urine stream
- Dribbling post urination

Yes? It is time for a visit to the Doctor.