

June 2016 - Men's Health Month!

Goal of Men's Health Month



The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

What can be done to highlight men's health month?

Use your company's dress policy to celebrate Wear Blue Friday, the Friday before Father's day. – **Father's Day is on the 19th June**

<http://www.menshealthmonth.org/>

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- 1.) **EAT HEALTHY** – Start by taking small steps like saying no to junk food and to super-sizing and yes to a healthy breakfast. Eat many different types of foods and get all the vitamins and minerals you need. Eat at least one fruit and vegetables with every meal.
- 2.) **GET MOVING** – Play with your kids and grandkids. Take the stairs instead of the elevator. Work in the garden. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, chose activities that you enjoy to stay motivated.
- 3.) **MAKE PREVENTION A PRIORITY** – Many health conditions can be detected early with regular check-ups from your healthcare provider. Regular screening should include blood pressure, cholesterol, glucose and prostate health and many more.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.



AWARENESS – PREVENTION – EDUCATION - FAMILY