

Top Tips: Men's Health

1. **Know your numbers** – consider the simple screening services for health risks that are now available and get checked out. Start with your blood pressure and cholesterol levels.
2. **It's good to talk** - Start a health conversation with someone you know.
3. **Mental wellbeing** – make a list of the things that give you 'peace of mind'. Practice a few each day!
4. **Take regular exercise** – Exercise boosts both your physical and mental wellbeing and helps you live longer. Aim for 30 minutes of moderate intensity exercise five days per week.
5. **Eat healthily** – consider the amount of processed food you eat – particularly carbs. If it's a lot – make some positive changes. Look for healthy Omega 3 fats too!