



5 THINGS WORTH KNOWING ABOUT MEN'S HEALTH

Learn them, live them,
and pass them along.

1. MAKE MAN TIME

Stay connected. Spending time with your friends is good for you. Catch up regularly, check in and make time.

2. HAVE OPEN CONVERSATIONS

Talk about what's really going on. Listen. Being there for someone can be life-saving.

3. KNOW THE NUMBERS

At 50, talk to your doctor about prostate cancer. If you're of African or Caribbean descent or have a father or brother with prostate cancer, have the convo at 45.

4. KNOW THY NUTS

Give 'em a feel regularly and get to know what's normal for you. Something doesn't seem right? Go to the doctor.

5. MOVE, MORE

Get active on a daily basis.
Do more of what makes you feel good.

Find out more at movember.com

