A warm, steamy shower helps your nuts relax.

Roll one nut between thumb and fingers. Check for any changes or anything painful.

Same goes for the other nut.

Every nut is unique. Getting to know yours means that if something hurts, changes or doesn’t feel right, you know not to panic – instead, you make an appointment to see your GP and get it checked out.

To learn more, go to nutsandbolts.movember.com