WE'RE WORKING YEAR-ROUND FOR MEN
TO LIVE HAPPIER, HEALTHIER, LONGER LIVES

MOVEMBER FOUNDATION

WE WANT MEN TO LIVE HAPPIER, HEALTHIER, LONGER LIVES AND ARE COMMITTED TO ACHIEVING THIS THROUGH THE PROGRAMS WE FUND AND AWARENESS WE RAISE YEAR-ROUND

CHECK IN REGULARLY WITH FRIENDS & FAMILY

It's all too easy to prioritize other aspects of your life - make sure you put effort into staying connected with friends for your own benefit and also theirs too.

MOVE

The best thing you can do for your health is to stay active. How you MOVE is up to you. Whether it's a workout one day, a quick jog at lunchtime the next, an hour at the ping-pong table, or an epic bike ride, no MOVE is too big or small.

TALK ABOUT THE BIG STUFF IN LIFE

The break up of a relationship, loss of a job, financial trouble or becoming a father are big moments in a man's life that happen to many men. It's important to recognize the impact of these moments and know it's ok to talk about how you're coping with the change.

KNOWLEDGE IS POWER

Family history is one of the most powerful tools to understanding your health. Family history affects your level of risk for cancer, diabetes, heart disease and stroke, among other illnesses.
It all starts with a conversation; talk to your family and take note of illnesses that a direct relative has experienced.
Be sure to learn about relatives that are deceased as well.

IF YOU NOTICE SOMETHING, DO SOMETHING

You know your body better than anyone. If you notice something isn't feeling right, don't put it off and hope that it goes away, go to the Doctor and get it checked out.
Early detection is the most important factor in treating the big issues.

JOIN THE MEN'S HEALTH MOVEMENT AT

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