5 THINGS WORTH KNOWING ABOUT MEN’S HEALTH

LEARN THEM, LIVE THEM, AND PASS THEM ALONG.

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

02 HAVE OPEN CONVERSATIONS
Talk about what’s really going on. Listen. Being there for someone can be lifesaving.

03 KNOW THE NUMBERS
At 50, talk to your doctor about prostate cancer. If you’re of African or Caribbean descent, or have a family history of prostate cancer, have the conversation at 45.

04 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.

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

Find out more at MOVEMBER.COM