

Time For Men To Make Health A Priority

Men's Health week is held in June each year. Back in 2011 the week had a special focus as it coincided with the release of the Australian Institute of Health and Welfare's report, "The health of Australian males"*.

Eat more fruit and vegetables, lose weight, exercise more, think about your mental health and see your GP regularly – this was the call to action.

To promote these lifestyle changes, DIY Male Health Toolboxes were distributed to Men's Sheds around the country. These were metal toolboxes containing a combination of health promotion materials. The aim was to break down a barrier to men accessing health information as many men feel uncomfortable picking up a brochure in public.

Here are some of the statistics relating to male health from the 2011 AIHW report,

- 5% eat sufficient serves of fruit and vegetables (18+ years)
- 42% do sufficient physical activity (18+ years)
- 68% are overweight or obese (18+ years)
- 39% discuss healthy lifestyle issues with their GP (15+ years).

If male, how would you rate? Do you know what the 'measures' are for the areas of health listed above? Have you made any lifestyle changes since 2011?

At Let's Get Fit, we commonly find it is a female influence that initiates men to begin exercising. Most often it is the wife/partner who begins exercising first and then encourages (not nags!) their husband/partner to begin. Here are some other valuable 'did you knows' relating to male health,

- ⊕ There are Medicare initiatives to assess & support your health – ask your GP and/or practice nurse.
- ⊕ Our exercise physiologists can help you exercise smarter. Our experience has found long-term adherence to a few manageable changes gives the best outcomes – no "Biggest Loser" antics!
- ⊕ Low fitness is ranked just behind smoking as a contributor to ill health? If you meet activity guidelines, you significantly reduce your risk of a long list of diseases.
- ⊕ Men suffer from osteoporosis too. 30 per cent of men over the age of 60 will suffer from a broken bone due to osteoporosis.

There are good links for information (see below) relating to men's health but nothing beats the personalised approach from meeting face to face with a health practitioner.

Pick up the phone and make an appointment with us today – (02) 9764 1516.

<http://www.abc.net.au/health/healthyliving/yourhealth/menshealth/default.htm>

<http://www.healthinsite.gov.au/mens-health>

http://www.uws.edu.au/mhirc/mens_health_information_and_resource_centre

<http://www.menshealthweek.org.au/En/Default.aspx>

*For sources and a more comprehensive read of the AIHW report, use either of the links below.

<http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=10737419386>

<http://www.aihw.gov.au/publication-detail/?id=10737419204>