



# 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.

