June is Men’s Health Month

01 • Eat Healthy.
Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

02 • Get Moving.
Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

03 • Make Prevention a Priority.
Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.” — Congressman Bill Richardson (May 1994)

ONLINE RESOURCES
- MensHealthMonth MensHealthMonth.org
- Men’s Health Network MensHealthNetwork.org
- Get It Checked GetItChecked.com
- Talking About Men’s Health Blog TalkingAboutMensHealth.com
- Men’s Health Resource Center MensHealthResourceCenter.com

AWARENESS. PREVENTION. EDUCATION. FAMILY.
Celebrate Men’s Health Throughout the Year

Visit the Men’s Health Resource Center:
www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:
www.WearBlueForMen.com

Follow the latest men’s health news at Talking About Men’s Health:
www.TalkingAboutMensHealth.com

Learn about Men’s Health Month, view Governor/Mayor proclamations, and more:
www.MensHealthMonth.org

Find free flyers, brochures, and more in the Men’s Health Library:
www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:
www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:
www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:
www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:
www.youtube.com/mhnmedia

Visit Men’s Health Network:
www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:
www.healthyemale.com

To learn about the Fathers Connection:
www.FathersConnection.org

For more information about the Fathers Connection and/or men’s health program opportunities, call or email:
202-543-6461 x 101
info@menshealthnetwork.org

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