



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.

"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)

100%

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

1 in 2

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

1994

On May 31, 1994 President Bill Clinton signed the bill establishing National Men's Health Week.

88.9

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

ONLINE RESOURCES

Men's Health Month
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



[MensHealthMonth](https://www.facebook.com/MensHealthMonth)



[MensHealthMonth](https://twitter.com/MensHealthMonth)



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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:

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