

END THE STIGMA.

7 things you can do for men's health week

Get active.

CSEP guidelines recommend 150mins of moderate to vigorous activity per week.

I.e. jogging, gardening, dance



Manage stress in healthy ways.

Feeling stressed is a very normal thing! However, it's important to find healthy ways to cope with stress.

I.e. therapy, talking to a friend, go for a walk



Eat healthy.

Eating nutritious, healthy foods allows your body to function at the most efficient level!



See your doctor.

Stay up to date with health check-ups and screenings to ensure silent killers are lurking



Encourage other men.

Support and help other men as they journey to make their lives better.



Take a break.

Be kind to yourself, and whenever you need a break to recharge, take it.



Talk about your mental health.

Whatever your feeling, whenever you're feeling, talk to others and express your emotions. Conversely, encourage other men to speak up about their feelings.



Sources • Canadian Men's Health Foundation | Total Wellness | StopColonCancerNow.com



Family Councils Ontario

For more information visit www.fco.ngo