



# TOP 10 TIPS for Men's Health

**1** **TALK TO your GP**  
Find a good GP, and don't be a stranger.



**2** **MAINTAIN GOOD sleep habits**  
A solid night of shuteye will keep the spring in your step.



**3** **ENJOY DAILY physical activity**  
Don't sit still – stay active and stay smiling.



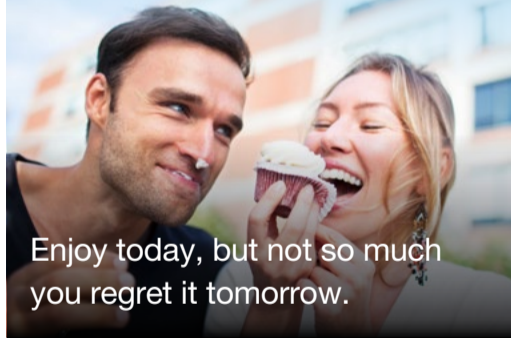
**4** **EAT YOUR fruit & veggies**  
Fruit and veggies are your friends.



**5** **CONFIDE IN your mates**  
We all need somebody to lean on.



**6** **ALL, OR MOST THINGS, in moderation**  
Enjoy today, but not so much you regret it tomorrow.



**7** **DON'T smoke**  
We're not even going to lecture you. If you smoke, quit.



**10** **LAUGH often**  
Let laughter be your companion.

**8** **START something new**  
You're never too old to learn something new.



**9** **KNOW YOUR family history**  
Life is a genetic lottery, be in it to win it.



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