



BEING A HEALTHY BLOKE

TEN STEPS TOWARDS BEING A
HEALTHIER MALE
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BIO -PSYCHOLOGICAL_ SOCIAL

- www.healthyaging.net
- www.healthandage.com
- www.seniors.gov.au

IMAGES OF MEN

- What images of men do we see in the media?

IDEAL BODIES?



2007

www.boyslearning.com.au



2007

www.boyslearning.com.au

A MAN'S LIFE

- WORK
- SPORT
- SEX, RELATIONSHIPS
- FAMILY LIFE



TALK TO YOUR NEIGHBOUR

- WHAT DO I NEED TO
DO TO ENJOY
BETTER HEALTH?

DIET

- Healthy start
- What to snack on
- Old-fashioned Aussie eating- roast and veg
- Salad for lunch?



Fats, Oils & Sweets
USE SPARINGLY

KEY

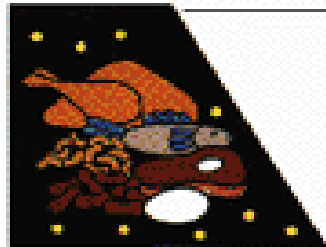
- Fat (naturally occurring and added)
- ▼ Sugars (added)

These symbols show fats and added sugars in foods.

Milk, Yogurt & Cheese Group
2-3 SERVINGS



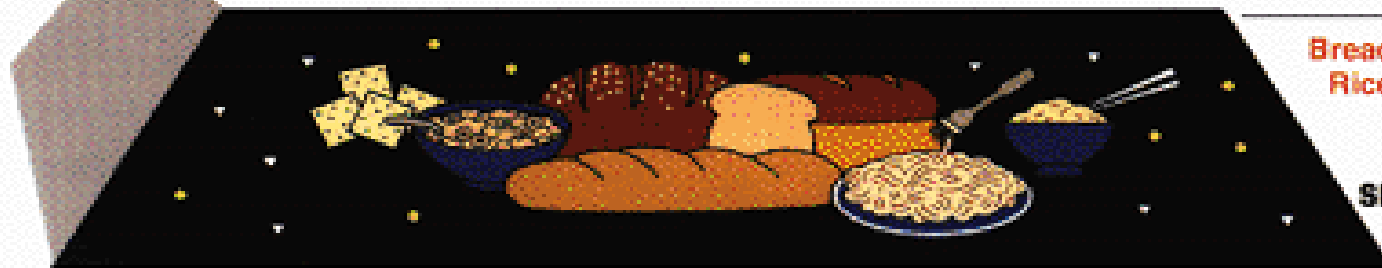
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS



Vegetable Group
3-5 SERVINGS



Fruit Group
2-4 SERVINGS



Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

USDA and the US Department of Health and Human Services

WHAT DO I EAT IN A WEEK?

- Start to list what you eat. Write it all down.
- No cheating!

“It looks good on the plate, but it won’t look good on my hips”



SMALL STEPS

- Walk up the street
- Walk up those stairs
- Enjoy a swim
- REWARD for good effort

Can I stop 1 bad habit?

- Tell your neighbour something that is hindering your health-
- that you will do LESS of

EXERCISE FOR THE OVER 50S

- Need for regular exercise 1 x 2 hours a week
- Trainer is advised
- Swim or gym?
- Serious exercise- biceps, quads, back
- This helps avoid weak bones

REMEMBER

“You’re only as young as
the person you’re feeling
at the time”

BEING ALONE

- It can seem like a failure
- Many people enjoy their own company
- Think of all the annoying people you don't have to live with!
- Many of us have animals in the house etc

BEING WITH SOMEONE

- Men verbalise less
- Men SHOW their love
- Men don't always remember what they said, esp. in times when they are excited :)
- Men often feel they should be having more sex

1

- CUT THE CIGGIES

2

CAN THE GROG

Reduce alcohol

- A couple of glasses
- A couple of times a week

3 EAT MEDITERRANEAN

- Olive oil
- Sml glass of wine
- Spinach, tomatoes, onion
- Garlic
- Show our emotions

4 SPLURGE

- CHOCOLATE !!!!!
- Occasional night out
- Don't go berserk, drink 15 schooners etc

5 GET SERIOUS ABOUT BEING FIT

- Regular
- Do it in a fun way
- By yourself- or with others
- Reward yourself afterwards (but not with 5 cakes!)

6 MAINTAIN SEX AND RELATIONSHIPS

- Use it or lose it

7 WE NEED GREAT FRIENDS

- Cherish friendships
- Praise the good things, don't fuss about what you don't like

8 TIME FOR ME!

- Own music
- Special place
- Animals who are fun

9 “AND.....”

- Does it all really matter?
- Will it matter in 5 years' time?

TELL YOUR NEIGHBOUR

- 1 thing you could do to improve your relationship
- OR
to be happier alone