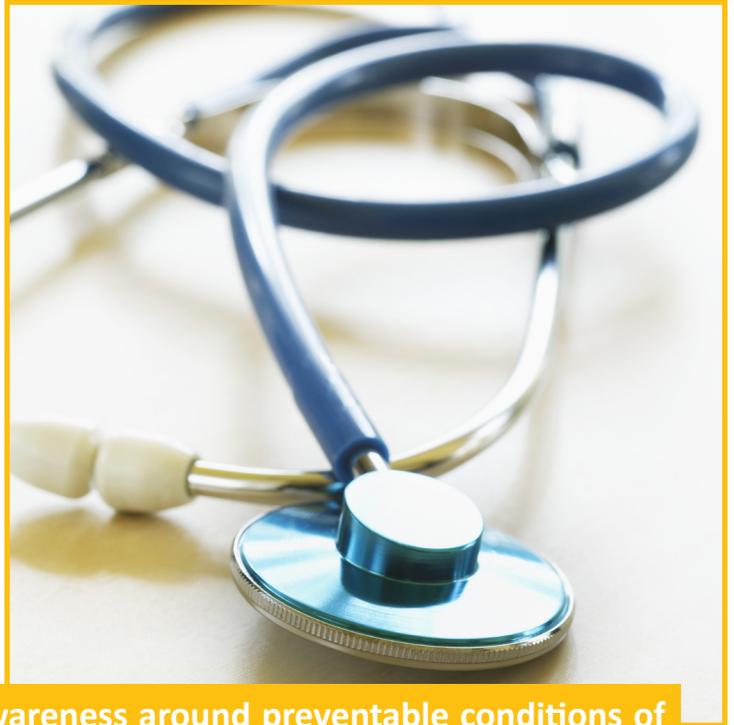


# Men's Health Month



Men's Health Month aims to raise awareness around preventable conditions of lifestyle that affect men. It also aims to encourage early detection of diseases and conditions amongst men and boys. This year, you are encouraged to seek medical attention and treatment for disease and injury to prevent a condition from becoming worse.

Are you looking after your health? Studies show that men are much less likely to take action when they feel physically or mentally unwell, and that men have a life-expectancy that's five years shorter than women's.

## How do your meals measure up?

You know you can't be your best when the fuel you put in isn't top quality. So try these fresh recipes:

### *Avocado and biltong salad*

Chop some spinach and sprinkle with a little olive oil and lemon juice. Add a handful of lean biltong and slice half of a ripe avocado into the salad. Eat as is for a protein-packed lunch or side dish, or stuff into a Panini for dinner.

### *Muscle-up breakfast*

Boil two eggs. Toast two slices of bread and spread with peanut butter. Slice a banana over the peanut butter toast and eat the boiled eggs with lemon juice for a high-protein breakfast. Perfect

for after your workout.

### *Easy chicken dinner*

Preheat the oven to 180°. Layer chicken breasts, lemon juice, olives, and a can of tomatoes in an oven proof dish. Bake for an hour and serve on spinach with grated mozzarella.

## Catch it early

Men are less likely than women to go see someone when their health isn't at its peak. That may be why men also suffer a higher percentage of life-threatening diseases. Don't wait. Get tested now.

- Blood pressure.
- Cholesterol.
- Blood glucose.
- Prostate.
- Colon.
- Skin.
- Eyes.
- Lung function.
- Hearing.