



#KnowYourManFacts

10 FACTS ABOUT EXERCISE + MEN'S HEALTH





WHY MEN NEED TO MOVE

Being unfit is bad for our health. Research shows that 10 Australian men a day die as a result of being physically inactive.

A lack of exercise kills more men each year than prostate cancer or suicide or road traffic accidents.

This Know Your Man Facts guide gives you the information you need to know about exercise and men's health. This includes:

- Why being inactive is bad for our health
- How staying fit and strong fights off disease
- What active men need to do to stay healthy

FACT #1:

**10 MEN A
DAY DIE FROM
PHYSICAL
INACTIVITY**



MEN'S HEALTH IN ACTION

Men born in Australia die 7 years younger than women on average.

Our health is shaped by things like our work, money, relationships, our mates, our education and our experiences of boyhood and fatherhood.

There are lots of choices we make that impact how long we live, such as smoking, drinking and unhealthy eating.

On average, men tend to do more of the things that are bad for our health, like drinking too much beer.

But one way men take better care of their health than women, on average, is by keeping fit and strong.

FACT #2:

**MORE MEN
THAN WOMEN
STAY HEALTHY BY
BEING ACTIVE**



FACT #3:

**MOST MEN
AREN'T ACTIVE
ENOUGH TO
STAY HEALTHY**



MEN ON THE MOVE

Men may be more active than women in general, but most men aren't active enough.

You don't have to be a top athlete or spend hours in the gym to do enough exercise to enjoy better health.

Being active can mean things you do every day like walking the dog, gardening or playing with your kids.

Working out doesn't have to be hard work; you can do things you enjoy like surfing, dancing or riding your bike.

If you love sport, you don't have to be match-fit to kick a ball or have a quick game of backyard cricket.

FACT #4:

BEING UNFIT
CAN BE A BAD
FOR YOU AS
SMOKING



IS IT TIME TO QUIT?

Most people feel better when they move their body more, but most men don't move enough to enjoy better health.

Most of us know that smoking, drinking too much and unhealthy eating is bad for our health.

But did you know that being unfit can be as bad for your health as smoking 15 cigarettes a day?

Some of us find it hard to quit things we enjoy, like having a few beers or tucking into our favourite fast food.

But no-one really enjoys being unfit. If you want to do one simple thing to improve your health, maybe it's time to quit being unfit?

TAKE THE NEXT STEP

Being unfit doesn't happen overnight. It creeps up on us slowly, one day at a time.

The opposite is also true. Staying fit and strong doesn't happen overnight, but every day is a chance to move your body more.

The first step to getting fitter is simply taking the first step. When you start to move your body more every day, it makes your body and mind strong and fitter.

FACT #5:

BEING ACTIVE
KEEPS YOUR BODY
+ MIND **HEALTHY**



**Fitter
lungs**



**Healthy
heart**



**Stronger
bones**



**Lower blood
pressure**



**Lower
cholesterol**



**Lower blood
sugar**



**Better
weight**



**Improved
mood**

20 WAYS TO GET ACTIVE

There are heaps of ways to get active.
Here are 20 to get you started.



Run



Walk



Swim



Gym



Cycling



Yoga



Pilates



Dance



Play



Box



Surf



Climb



Skip



Jump



Sex



Gardening



DIY



Stand



Stairs



Dog walk

HOW MUCH IS ENOUGH?



5x

30-to-60 minutes
a week of moderate
exercise OR



5x

15-to-30 minutes
a week of vigorous
exercise OR

**An equivalent
combination
of moderate
and vigorous
per week**



+2x

**strength
exercises
a week**



HEALTH TIP

If you're new to physical activity or have a health issue, check with your doctor first. They can help you decide the best activity for you.

*Recommended Australian Government weekly physical activity and exercise guidelines.

BEATING POOR HEALTH

Exercise is one of the best medicines known to man. It can help fight off things that can kill us, like diabetes and heart disease.

We've all got to die of something, but too many men die too soon and from issues that can be avoided.

For example, heart disease is the biggest killer of men in Australia. It kills one man, every hour of every day.

It's one of the 4 main diseases we can beat by being more active: heart disease, diabetes, bowel cancer and dementia.

Being active cuts your risk of disease by:

60%

Bowel cancer

50%

Heart disease

40%

Diabetes

33%

Alzheimer's

FACT #6:

BEING ACTIVE
CUTS YOUR RISK
OF **DISEASE**

FACT #7:

MEN WHO
SIT LESS,
LIVE LONGER



STAND UP FOR YOURSELF

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FACT #8:

A SHORT DAILY
WALK CAN ADD
3 YEARS TO
YOUR LIFE



ONE STEP AT A TIME

Being more active doesn't have to be hard. Even the simple act of walking a few more steps each day can keep you healthy.

For men who are inactive, every extra 1,000 steps you take a day reduces your risk of early death by 5%. If you increase that to 10,000 steps a day, you reduce the risk of dying early by 50%.

We only need to do about 150 minutes of moderate exercise a week to stay healthy, and that could be 30 minutes of walking, 5 times a week.

Remember, if you're new to physical activity or have a health issue, check with your doctor first before you start doing exercise.

STRONG IS HEALTHY

You don't need big muscles to be in good health, but staying strong does help us live longer.

Research shows that men of working age who can do 40 push-ups have a much lower risk of getting heart disease in later life.

Ideally, we should all do some strength exercises twice a week. This doesn't mean spending hours in the gym, you could just do a few minutes of HIIT (high intensity interval training) at home or outdoors.

If you lift and shift heavy objects at work or home, then you may be doing enough already .

The key is to find your level, start small, build up slowly and get some tips off a registered trainer.

FACT #9:

**STAYING
STRONG CAN
HELP YOU BEAT
POOR HEALTH**



GET ACTIVE TOGETHER

Some men are really good at staying fit, strong and healthy on their own. You can also get active and help your mates and family stay fit at the same time.

You can join a weekly man walk or park run. Spend more time playing with your kids. Do something active with your partner that you both enjoy. Take on a physical challenge like a 5k run or a sponsored swim. Join a social sport team.

The great thing about staying active is it can help you connect with your mates and family.

FACT #10:

YOU CAN HELP YOUR MATES AND FAMILY **STAY FIT**



Walk together



Play together



Train together



Compete together

TIME TO TAKE ACTION

If you want to get more active but you are not sure where to start, these three questions will help you to decide:

1. What physical activity do you already do, that you want to keep doing to stay fit, strong and healthy?
2. What are you doing that stops you from getting fit and healthy, that you want to do less of or stop doing altogether?
3. What things could you do to get more active, that you want to start doing or spend more time doing?



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Find out more



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