

# Men's health by numbers

1 man in 5 dies before the age of 65  
(2 men in 5 die before 75).

NHS health checks are available  
from age 40.

A body mass index (BMI) over 25 is  
considered overweight. Over 30 is  
considered obese.

A waist over 37 inches  
puts you at increased  
risk of many serious  
health conditions.

Aim to drink no  
more than 14 units of  
alcohol a week.

Aim for 5 portions of  
fruit and veg a day.

Aim for 150 minutes  
of exercise a week.

Aim to walk 10,000 steps  
a day.

## MEN'S HEALTH WEEK

MEN'S HEALTH FORUM 

green  
Health  
116123  
age65  
laugh30cool

stand 25 137 20/80 40 swim walk  
sing BMI green  
heart mens 1 in 5  
14 D A 5 C cycle 150  
14 37 37 talk GP 30  
gym talk 5 B 10 stairs fruit  
salt 40 190 40 25 15 50 6/10 read  
cycle waist 25 15 50 6/10 stairs sugar  
25 30 37 0 age 75  
steps waist blood 120/80  
dance mindful 140/90  
aerobic friends  
mental  
swim thankful join  
stand new  
laugh

## #menshealthweek

[menshealthforum.org.uk/mhw](http://menshealthforum.org.uk/mhw)