

6 HEALTH FACTS



MEN NEED TO KNOW

Only 30% of a man's overall health is determined by genetics.
70% is controllable through lifestyle.

MENTAL WELLNESS

Inactive men are 50% more likely to experience depression than those who are active.



SLEEP

Men who sleep 6-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.



DRINKING ALCOHOL

Those who consume 4 to 10 drinks a week at most have a lower risk of developing type 2 diabetes. Consuming more than 10 alcoholic drinks a week almost doubles your risk of type 2 diabetes.



SELF CARE

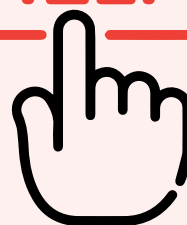
Have a think about the things in your life that make you feel good about yourself. Prioritise these things each and every day to be at your best.



CONNECTION

1 in 5 Aussies (22%) haven't seen a close mate in 6 months or more. Reach out and say "Hi" to a mate.

HELP



SEEKING HELP

Approximately 50% of men in Australia will experience mental ill-health at some stage in their lives. Knowing when to ask for help and taking action is key. And remember **#itaintweaktospeak**.

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