



YOUR 50s:

This can still be an extremely busy time as you continue to work and support family as they become more independent and move into further education and away from home.

Health risks increase in your 50s especially if you have neglected to take care of you own health in the past.

This is a great time to take action – eat healthy nutritious food, lose weight and start to undertake more activity.

Ageing may start to affect your physical strength, energy and libido and sense of masculinity.

There may be added risks with family history of prostate or bowel cancer discuss this with your GP while having your annual health check.



- Keep fit by exercising at least three times each week for 30 minutes – try a brisk walk or try cycling
- Time Out – enjoy your friends and family
- Drink moderately; are you having at least three-alcohol free days each week?
- Laugh lots and loud
- Talk about any problems or concerns you may have with your friends or family or talk to a GP or counsellor.

50'S HEALTH CHECK

- ✓ Weight and waist measurement
- ✓ Blood pressure
- ✓ Cholesterol and glucose levels
- ✓ Eye Checks
- ✓ Bowel cancer screening
- ✓ Tetanus booster each 10 years
- ✓ Blood tests for kidney and liver function.
- ✓ Mental health - talk about any issues or concerns, your GP or a counsellor will assist
- ✓ Hearing check
- ✓ Sexually transmitted diseases



Your 60s

DIY TIPS

YOUR 60s:

This is a decade of major change – most men have plans for life outside the workforce into the future.

The importance of good health is realised and there can be room for improvement. Good health can provide an opportunity to enjoy retirement, travel and spend time with family.

Have an annual health check and discuss any health issues that may be bothersome with your GP – for example waterworks issues.

- Keep physically and mentally active – play golf, tennis, undertake brisk walking or try cycling. Do Sudoku puzzles, crossword puzzles, play cards with your friends or sign up to learn something new, like learning a language, yoga or woodwork
- Challenge yourself often and keep on learning new things
- Drink moderately; are you having at least three alcohol-free days each week?
- Socialise as much as possible – Laugh lots and loud
- Have a problem? Talk about it – your GP or counsellor will be able to assist you



60'S HEALTH CHECK

- ✓ *Weight and waist measurement*
- ✓ *Blood pressure*
- ✓ *Cholesterol and glucose levels*
- ✓ *Eye check - especially for glaucoma and cataracts*
- ✓ *Bowel cancer screening*
- ✓ *Flu and Pneumonia shots*
- ✓ *Blood tests for kidney and liver function*
- ✓ *Check bone density*
- ✓ *Mental health - talk to your GP about any concerns*