

EVERY
HOUR
FIVE
MEN
DIE
BEFORE
THEIR
TIME.
THIS
HAS
TO
STOP.

**YOU CAN BE THE
ONE TO BREAK
THE CYCLE.**

Start by making your health a priority, not something you keep putting off.

Five steps can make a difference:

1. Share your family history with your GP;
2. Know your healthy weight;
3. Check your blood pressure;
4. Stop smoking - it's the only healthy option;
5. Maintain a healthy mind and a healthy body.

**WHAT ARE YOU
WAITING FOR?**

Look after your own health. You owe it to yourself and your loved ones. We are all a father, son, brother, partner or a friend.

Your GP can help you to improve your health.

To Find out how you can help visit:

m5project.com.au