



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