

## Another Weekly Update from 'H' and 'J'...



## National Men's Health Week

### Get physical!

**National Men's Health Week** takes place from **14-20<sup>th</sup> June** and is organised by the Men's Health Forum, a charity that focuses on the health and well-being of men and boys. This year's theme is "Up and Running: Improving the health of men and boys through physical activity and sport".

Most men are not physically active enough. Physically inactive men are more likely to be overweight or obese and to develop diabetes, bowel cancer or dementia. They also increase their risk of depression.

Some the key aims of National Men's Health Week are to encourage more men to become more physically active and to improve male participation in sport

So instead of just watching the World Cup, get up off the sofa and go walking, jogging, gardening, swimming, play sport ... in short, **move more!**

Go to [www.menshealthforum.org.uk/](http://www.menshealthforum.org.uk/) for more information.



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