



Sheds for Life

An initiative by Irish Men's Sheds Association

MEN'S HEALTH FACT SHEET FOR YOUR 20s & 30s

Most men can expect to be fit and healthy in their twenties and thirties. As your social and professional horizons expand, you have the chance to build in healthy lifestyle habits that will stand you in good stead for the rest of your life. But there are a number of health issues and risk factors that you need to keep your eye on.

The temptation to overindulge in alcohol or to dabble in drug-taking, smoking and unprotected sex can have serious consequences. Fortunately, if you keep your eye on the ball, it's relatively easy to manage or avoid these risks.

Remember that your mental health and wellbeing is also very important. There are times when we all struggle to deal with what life throws at us. These challenges may not be as visible or obvious as physical aches and pains, but they're just as important. The stresses of your personal and work life can take their toll – always remember that you don't need to shoulder the burden alone. Support and advice are always available; know where and when to seek them out.

POSITIVE STEPS to taking care of your health

1. Drink moderately and discover the benefits of having at least two to three alcohol free days a week. Know your limits, don't binge-drink and never, ever drink and drive.
2. Keeping active will keep your mind and body in peak condition, as well as providing a fun and enjoyable social outlet. Find an activity you like and stick at it!
3. Enjoy the sun, but look after your skin and apply a sun factor protector to cut your risk of skin cancer in later life.
4. Practise safe sex – always use a condom!
5. If the pace of your social and work life is taking its toll, it's important that you find a space to relax, enjoy good company and be yourself. Men's sheds are located throughout Ireland, and could be just the place you need.
6. Don't bottle up your worries and stresses. Stay strong by sharing your problems and making sure they don't get a chance to overwhelm you.
7. Enjoy life, do the things you love, respect yourself and others and make the most of your energy and youth!

20s & 30s Health Checklist

- * Weight and waist measurement
- * Blood pressure
- * Examine your testicles regularly for lumps or bumps – feel anything unusual? Get it checked out immediately
- * Skin cancer screening – if you see a mole or growth that looks suspicious, get it checked.
- * Blood cholesterol and glucose
- * Anxiety, stress and depression are not signs of weakness – talk to your GP or pharmacist..
- * Sexually transmitted diseases – always use a condom and don't feel embarrassed to talk to your GP or pharmacist about any problems you may have.
- * Your local pharmacist is always on hand to help with any queries or concerns you might have about your health. They can offer you information about treatments and medications, as well as a range of health services, such as blood pressure, cholesterol testing, smoking cessation service, Body Mass Index (BMI) measurements and seasonal flu vaccination.