

ways to men's health

Looking after our health is **important throughout life**. However, what we need to thrive may differ depending on our age.

Select your age group to get your health checklist and see how many items you're ticking off.

health checklist by stage of life:

- 1 **early adulthood** (18-40 years)
- 2 **middle adulthood** (40-65 years)
- 3 **late adulthood** (>65 years)

healthylife

ways to
eat ↗



early adulthood (18–40 years)

diet

- eat 6 serves of vegetables daily
- eat 2 serves of fruit daily
- eat 6 serves of grain foods daily
- eat 3 serves of lean meats, poultry, fish, eggs, nuts and seeds, and legumes/beans daily
- eat 2.5 serves of dairy (or calcium-fortified alternatives) daily



what counts as a serve? take a look at [the Australian Dietary Guidelines](#) to see.



exercise

- do moderate intensity exercise such as walking, gardening or swimming for 2.5 – 5 hours each week, or;
- do vigorous intensity exercise such as jogging, netball or cycling for 1.25 – 2.5 hours each week
- do at least two days of muscle-strength exercise such as squats, lunges, push-ups or weights.

health checks

- testes self examinations regularly (and see your doctor for any concerns)
- self skin checks regularly for new or suspicious spots
- sexual health screens annually
- blood pressure at least every 2 years if you're under 40, have normal blood pressure and have no family history of high blood pressure
- cholesterol and blood glucose test once you reach the age of 20 by your GP)



find out how to schedule the right health checks for you [here](#).

middle adulthood (40–65 years)

diet (40–50 years)

- eat 6 serves of vegetables daily
- eat 2 serves of fruit daily
- eat 6 serves of grain foods daily
- eat 3 serves of lean meats, poultry, fish, eggs, nuts and seeds, and legumes/beans daily
- eat 2.5 serves of dairy (or calcium-fortified alternatives) daily

diet (51–65 years)

- eat 5 serves of vegetables daily
- eat 2 serves of fruit daily
- eat 5 serves of grain foods daily
- eat 2.5 serves of lean meats, poultry, fish, eggs, nuts and seeds, and legumes/beans daily
- eat 2.5 serves of dairy (or calcium-fortified alternatives) daily

what counts as a serve? take a look at [the Australian Dietary Guidelines](#) to see.



exercise

- do moderate intensity exercise such as walking, gardening or swimming for 2.5 – 5 hours each week, or
- do vigorous intensity exercise such as jogging, netball or cycling for 1.25 – 2.5 hours each week
- do at least two days of muscle-strength exercise such as squats, lunges, push-ups or weights.

health checks

- heart health check regularly after age 45
- self skin checks regularly for new or suspicious spots
- chronic disease assessment
- eye test every 2 years
- bowel screening test every 2 years from the age of 50
- bone density test after age 50
- Prostate checks (as directed by your doctor)



find out how to schedule the right health checks for you [here](#).

late adulthood (+65 years)

diet (65–70 years)

- eat 5.5 serves of vegetables daily
- eat 2 serves of fruit daily
- eat 6 serves of grain foods daily
- eat 2.5 serves of lean meats, poultry, fish, eggs, nuts and seeds, and legumes/beans daily
- eat 2.5 serves of dairy (or calcium-fortified alternatives) daily

diet (>70 years)

- eat 5 serves of vegetables daily
- eat 2 serves of fruit daily
- eat 4 serves of grain foods daily
- eat 2.5 serves of lean meats, poultry, fish, eggs, nuts and seeds, and legumes/beans daily
- eat 3.5 serves of dairy (or calcium-fortified alternatives) daily

what counts as a serve? take a look at [the Australian Dietary Guidelines](#) to see.



exercise

- do moderate intensity exercise such as walking, gardening or swimming for 30 minutes daily
- do muscle-strength exercise such as squats, lunges, push-ups or weights where possible.
- do flexibility stretching where possible

health checks

- heart health check regularly
- self skin checks regularly for new or suspicious spots
- bowel screening test every two years
- chronic disease assessment regularly
- bone density test
- Eye and hearing tests yearly
- Prostate checks (as directed by your doctor)



find out how to schedule the right health checks for you [here](#).