

# HEAD TO TOE CHECKLIST

## MEN IN THEIR 20s

### HEAD

- Check in on your mental health by completing a MyPulse mental health screen
- Contact Wellbeing Support to discuss the range of services available to support all AT & DPFEM staff and volunteers
- Aim for 7–9 hours of sleep nightly
- Manage screen time to reduce eye strain

### EARS, EYES, MOUTH

- Eye test every 2 years (earlier if you have vision issues)
- Dental check-up every 6–12 months
- Protect hearing in loud environments (use earplugs if needed)

### HEART & LUNGS

- Know your blood pressure & cholesterol baseline
- Check in on your physical health by completing a MyPulse physical health screen
- Stay active: 150 minutes of moderate exercise per week
- Avoid smoking/vaping and seek support if you're wanting to quit

### GUT & BELOW

- Eat a balanced diet (limit processed foods, sugar, alcohol)
- Get to know your bowel habits – report changes to your GP
- Learn how to do a monthly testicular self-check

### REPRODUCTIVE HEALTH

- STI check if sexually active
- Talk to a doctor about contraception and fertility if you're planning to have children

### MUSCLES, BONES & SKIN

- Warm-up and stretch before sport or gym
- Apply SPF daily and get any unusual moles checked
- Wear proper footwear and maintain good posture

Stay one step ahead this Men's Health Week with a MyPulse Health Screen.

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# HEAD TO TOE CHECKLIST

## MEN IN THEIR 30s

### HEAD

- Check in on your mental health by completing a MyPulse mental health screen
- Contact Wellbeing Support to discuss the range of services available to support all AT & DPfEM staff and volunteers
- Aim for 7–9 hours of sleep nightly
- Be proactive with mental health: support mates, talk openly
- Take breaks from screens and stress

### EARS, EYES, MOUTH

- Eye test every 2 years (earlier if you have vision issues)
- Dental check-up every 6–12 months
- Protect hearing in loud environments (use earplugs if needed)

### HEART & LUNGS

- Know your blood pressure & cholesterol baseline
- Check in on your physical health by completing a MyPulse physical health screen
- Stay active: 150 minutes of moderate exercise per week
- Avoid smoking/vaping and seek support if you're wanting to quit
- Book in regular GP visits – get blood pressure and cholesterol checked every few years
- Know your family history of heart disease or diabetes

### GUT & BELOW

- Eat a balanced diet (limit processed foods, sugar, alcohol)
- Get to know your bowel habits – report changes to your GP
- Start tracking weight and waist size – keep both in a healthy range
- Cut down on alcohol and processed food
- Continue monthly testicular self-checks

### REPRODUCTIVE HEALTH

- STI check if sexually active
- Fertility awareness – talk to a doctor if you're planning a family and have been trying for more than 6 months

### MUSCLES, BONES & SKIN

- Address niggling injuries early – don't wait until they become chronic
- Skin cancer risk increases with sun exposure – apply SPF daily and book a skin check if unsure or you notice something changing

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# HEAD TO TOE CHECKLIST

## MEN IN THEIR 40s

### HEAD

- Mental health becomes more important - check in with yourself by completing a MyPulse mental health screen
- Contact Wellbeing Support to discuss the range of services available to support all AT & DPFEM staff and volunteers
- Prioritise sleep and stress management
- Be proactive with mental health: support mates, talk openly
- Take breaks from screens and stress

### EARS, EYES, MOUTH

- Eye test every 2 years (earlier if you have vision issues)
- Dental check-up every 6-12 months
- Protect hearing in loud environments (use earplugs if needed)

### HEART & LUNGS

- Annual blood pressure check
- Check in on your physical health by completing a MyPulse physical health screen
- Stay active: 150 minutes of moderate exercise per week
- Cholesterol and glucose tests every 2-3 years
- If you smoke, talk to your GP about supports to quit

### GUT & BELOW

- Keep an eye on digestive changes – bloating, bowel habit shifts, or unexplained weight loss
- Get to know your bowel habits – report changes to your GP
- Maintain a healthy diet for energy and gut health
- Stay hydrated, cut down on processed food and alcohol
- Continue monthly testicular self-checks

### REPRODUCTIVE HEALTH

- STI Checks if sexually active
- Book your first prostate health check if you're experiencing urinary symptoms or have a family history (talk to your GP)

### MUSCLES, BONES & SKIN

- Start incorporating strength training to maintain muscle mass
- Address joint pain early – especially knees, back, and shoulders
- Continue regular skin checks

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# HEAD TO TOE CHECKLIST

## MEN IN THEIR 50s AND 60s+

### HEAD

- Depression in older men is often underreported - check in with yourself by completing a MyPulse mental health screen
- Contact Wellbeing Support to discuss the range of services available to support all AT & DPFEM staff and volunteers
- Get a hearing test (especially if you find that you're turning up the TV or struggling to hear in groups)
- Prioritise sleep and stress management

### EARS, EYES, MOUTH

- Regular vision checks for glaucoma and macular degeneration
- Dental health affects heart health – keep up those dentist visits
- Protect hearing in loud environments (use earplugs if needed)

### HEART & LUNGS

- Annual check-ups including blood pressure, cholesterol, blood glucose
- Check in on your physical health by completing a MyPulse physical health screen
- If you have a history of smoking – consider a lung health check (low-dose CT)
- Stay active: 150 minutes of moderate exercise per week

### GUT & BELOW

- Bowel cancer screening: free test mailed from age 50 – do it every 2 years
- Keep an eye on diet, weight, and hydration
- Continue monthly testicular self-checks

### REPRODUCTIVE HEALTH

- STI checks if sexually active
- Prostate check: talk to your GP from 50 (or earlier if at higher risk)
- Erectile issues can be a sign of heart disease – speak to your doctor

### MUSCLES, BONES & SKIN

- Include balance and flexibility training
- Bone density scan if you're at risk of osteoporosis
- Get skin checks annually

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