

# Your 30s



## YOUR 30s:

A busy and exciting time, building a career, developing relationships, maybe starting a family, juggling work/family/finances – lots of stressors.

Maintaining your fitness is very important and your lifestyle will impact on your body.

Undertake an annual check-up to check on blood pressure, cholesterol and fat levels.

Eat nutritious food and continue to play sport and maintain activity to keep your weight under control.



## DIY TIPS

- Keep Active – exercise and play sport with your mates, assists with weight control and fitness
- Avoid working too hard – enjoy your family and friends and allow them time to enjoy being with you
- Drink moderately – have three alcohol-free days each week
- Time out – if you have a hobby or interest pursue it, take some time out of your schedule – try cycling
- Laugh lots and loud
- Don't bottle up issues – spill the beans

## 30'S HEALTH CHECK

- ✓ *Weight and waist measurement*
- ✓ *Blood pressure*
- ✓ *Examine your testicles for lumps or bumps – feel anything unusual? Get it checked out immediately*
- ✓ *Skin cancer screening – get those moles checked out*
- ✓ *Blood cholesterol and glucose*
- ✓ *Talk about any emotional concerns anxiety, stress and depression – your GP or a counsellor will assist you*
- ✓ *Sexually transmitted diseases*