

## The One-Minute Health Check

Please take a minute to answer these 15 questions as truthfully as you can!

Questions	Yes	No
Have you had your blood pressure checked in the last 6 months?		
Have you had your cholesterol checked in the last year?		
Have you had your blood sugar checked in the last year?		
Have you spoken to your GP about prostate cancer?		
Do you limit the amount of fat and sugar in your diet?		
Have you spoken to your doctor about bowel cancer		
Are you a non-smoker?		
Do you have satisfying sex?		
Do you undertake around 30 minutes of exercise each day?		
Do you have at least 3 alcohol free days per week?		
Do you eat 5 serves of vegetables and 2 serves of fruit per day?		
Have you had your skin checked in the last year?		
Have you had a general Men's health check-up when you were not sick?		
Are you happy in general and not too stressed?		
Do you feel OK about getting help when you feel down of blue?		

If you answered No to any of these questions, it is important to follow up with your regular GP. If you don't have a GP ask a friend to recommend one or check out [www.nhsd.com.au](http://www.nhsd.com.au) to find a GP in your local area.

You can find more information about Men's Health at [www.49.com.au](http://www.49.com.au)

### \*A serve of fruit is:

- 1 medium piece, e.g. apple, banana, orange, pear
- 2 small pieces, e.g. apricots, kiwi fruit, plums
- 1 cup diced pieces or canned fruit or ½ cup of fruit juice
- dried fruit e.g. 4 dried apricot halves, or 1 ½ tablespoons sultanas

### \*A serve of vegetables is:

- 75g or ½ cup cooked vegetables
- 75g or ½ cup cooked dried beans, peas or lentils
- 1 cup of salad vegetables
- 1 medium potato