

Men's Stories

"My dad died of a heart attack at 49 and left my mother with 14 kids to look after. It was tough. She's my hero. We need every resource we can to say to our men that it's not okay to live carelessly and let themselves go. Men need to take responsibility for their health and for their lives."

- Inga Tuigamala, Funeral Director, Ex Rugby Player

"My words of advice are: Be at peace with yourself. Don't beat yourself up for not going to the doctor earlier or more regularly. Be aware your kids are learning from how you are dealing with your condition. Own it and start to make positive choices for yourself and your family."

- Joseph Stafford, Managing Partner, Ex Politician

"When you're younger, you don't have many health or men's health issues. As you get older, they just develop. The key is to get them sorted before they sort you out!"

- Rick Myers, Risk Advisor

"If I'm feeling that things are getting on top of me, I have people I know I can talk to, and I know they'll listen. In a way, by talking, I'm taking care of myself."

- Ryan Edwards, Singer/Songwriter



#MenStartTalking

About Us

Men's HealthTrust NZ was established in 2007 as a national charity. Our purpose is to inspire men to make positive and rewarding lifestyle choices, not just for themselves but for their families and communities.

Men's Health Talks

We run men's health talks, and health checks for community groups and workplaces, inspiring men to make healthier choices and talk more about their health. Visit our website for more information.

Stay in Touch

Join our email list and we will keep you informed of our upcoming events and share inspiring stories and tips on men's health topics. Sign up through our website. To stay tuned on a daily basis, like our facebook page.

Contact Us

Men's Health Trust
Loft 503, Level 5, Achilles House,
8 Commerce Street, Auckland 1010
T 09 973 4161
E info@menshealthnz.org.nz



www.menshealthnz.org.nz



www.facebook.com/menshealthnz.org.nz



[@menshealthnz](https://twitter.com/menshealthnz)

This brochure was produced thanks to the generous support of Pub Charity



Men's Health Coaching & Conversations

www.menshealthnz.org.nz

3,000 New Zealand Men die every year from conditions that could have been prevented.

We CAN help ourselves to stop becoming a statistic. Just two simple actions can make all the difference:

- Get Some Coaching
 - Men Start Talking
-

We don't like to talk about our symptoms or feelings, particularly with other men, and especially when the going gets tough.

Too many men suffer and die needlessly because of lack of knowledge or lack of communication with friends, family, and professionals who could help them live longer healthier lives. It's time to change this.

Get Some Coaching

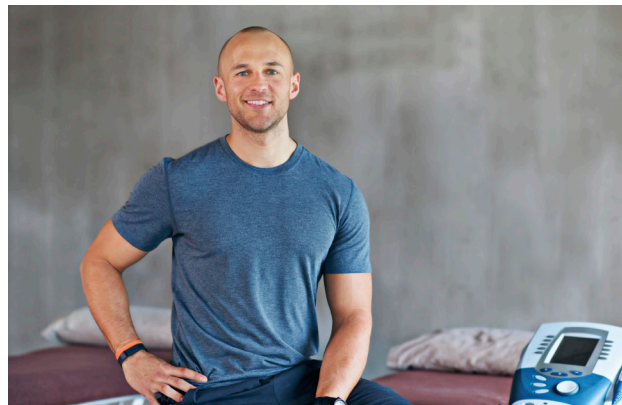
Your sports team has a coach. You may have a business or work coach. Your body and mind need a coach too - a health professional.

It's important to find a doctor or other health professional you can relate to and make an appointment so you can:

- Learn the basics about your risks of developing heart disease, cancer, diabetes, and other health issues.
- Discuss the significance of your family's health history.
- Talk about specific concerns or symptoms you may be living with.
- Develop a plan with simple steps you can take to improve your health step by step.
- Schedule occasional follow-up get togethers with your coach to review progress.

Get yourself a great coach

If you are not registered with a GP or Practice, visit healthpoint.co.nz and select "GPs (General Practitioners)" to find a Practice or GP in your area with hours that suit you.



Men Start Talking

Women talk a lot about their health. We men tend not to do that and it kills many of us through lack of knowledge and lack of real support from our mates and close friends.

We should know about what's normal and what's not for our physical and mental wellbeing. We also need to learn how to put our hand up when we know something's wrong or we have feelings we're not handling well. Life is stressful and sometimes the going gets tough. We really need one or a few people to share the burden with us. Just talking about it is more help than you might think.

Talking about this stuff with your best friend is not burdening him, it's showing how much you value his friendship. Don't give up if the first person you approach is not prepared to listen.

- Ask your best mates about their health – it's showing real friendship and concern for them.
- Share with them your own story about how you're feeling.
- By talking you'll find out about other men who are going through what you are.
- Don't be shy; don't wait for someone else to begin the conversation.
- Don't be afraid of what your friends may share with you. Just listen, don't try to fix or judge.

It's as simple as starting a conversation.

This really works and helps men live happier and healthier lives.