

SPANNER IN THE WORKS?

SERVICE AND MAINTENANCE IN YOUR 20s

Our most valuable piece of machinery is our own health. But when it comes to looking after our machinery, most of us tend to wait and see. *Spanner in the Works?* provides you with a service and maintenance schedule for your body and health messages that relate to each decade of your life.

You have your whole life ahead of you. You're enjoying newfound independence and opportunities as you take control of your life. Just be aware of the health issues affecting your age group. Risk-taking behaviours like drinking too much alcohol, smoking, and using drugs can cause accidents and self-inflicted injuries. Be aware of your mental health, as young men are vulnerable to emotional issues which can lead to self-harm and suicide. Find a GP you feel comfortable with to have regular health checks and to chat about any concerns you have.



HEALTHY MALE
ANDROLOGY AUSTRALIA



Australian
Men's Shed
Association
SHOULDER TO SHOULDER

Maintenance Schedule — DIY

Here's a list of things you can do yourself:

- + Drink moderately – don't binge. If you drink and drive, you're a b----- idiot
- + Avoid drugs, they take you down!
- + Keep active — playing sport and regular exercise are great for both your physical and mental health
- + Talk with your friends about any emotional problems.
And look after your mates when they are feeling down
- + Look after your skin — slip slop slap — to avoid future skin cancer
- + Practise safe sex — use a condom
- + Eat nutritious food, including plenty of fruit & vegetables
- + Enjoy life — value your relationships and yourself!
- + Laugh lots, and loudly
- + Quit the smokes
- + Check your tackle for unusual lumps.

Service Schedule — Help from a professional or GP

A good general maintenance schedule keeps your wheels fine-tuned.

Our service schedule provides you with a list of things to bring up with your mechanic (GP). Check these annually, or more often if you have any concerns.

- + Weight and waist measurement.
- + Blood pressure and cholesterol.
- + Sexually transmitted diseases.
- + Preconception health and fertility check if you're thinking about having a baby.
- + Mental health — talk about any concerns you have, or if you're feeling pressured to look or act in a certain way.