

SPANNER IN THE WORKS?

SERVICE AND MAINTENANCE IN YOUR 30s

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.

Your 30s is a busy and exciting time. Typically, you're building a career, developing relationships, and maybe even starting a family. You might be juggling work, family and finances — lots of great things, but also potentially a stressful combo. Maintaining your fitness is important, and your lifestyle will impact on your body. Arrange a regular GP visit to check your blood pressure, cholesterol and fat levels. If you're thinking about having kids, chat to your GP about fertility and pre-conception health. Eat nutritious food and stay active to keep your weight under control. Practise safe sex.



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Maintenance Schedule — DIY

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

- + Keep active — regular exercise or taking part in group fitness, team sports and activities e.g. surfing, bushwalking, and kayaking 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 — no more than 10 standard drinks per week
- + Take time out — pursue your hobbies or interests. Try something new
- + Laugh lots, and loudly
- + Don't bottle up issues — spill the beans with someone you trust. Speak to your GP about services that are available for you to use
- + 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.
- + Skin cancer screening — get those moles checked.
- + Mental health — talk about any concerns.
- + Sexually transmitted diseases — be safe and test regularly if you're having unprotected sex.
- + Preconception health and fertility check if you're thinking about having a baby.
- + Bloating, diarrhoea, gas, stomach pain or cramps that linger.

This fact sheet has been brought to you by Healthy Male and the Australian Men's Shed Association. Please note that *Spanner in the Works?* is not a clinical service. If you have any questions about your health, please contact your doctor.



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