WHERE DO YOU STAND?
How healthy are you?

What are the unhealthy behaviours?

- **Smoking**
  Reduce with the goal to quit.

- **Not Enough Sleep**
  A healthy sleep is 7-8 hours per night.

- **Inactivity**
  Aim for 30 minutes a day / 5 days a week of moderate to vigorous activity per week.

- **Unhealthy Eating**
  Work to get 5 to 7 fist sized servings of fruits and veggies per day.

- **Alcohol Consumption**
  No more than 3 drinks per day with two alcohol free days per week.

How many unhealthy behaviours do you have?

- **0** Very Healthy
- **1** Healthy
- **2** Borderline
- **3-5** Unhealthy

Here’s how you compare to Canadian men:

- **20%** of Canadian men smoke cigarettes
- **54%** of Canadian men under or over sleep
- **62%** of Canadian men do not get 150 minutes of moderate-to-strenuous exercise per week
- **42%** of men are Unhealthy
- **39%** of Canadian men have unhealthy alcohol consumption
- **59%** of Canadian men do not get 150 minutes of moderate-to-strenuous exercise per week
- **31%** of men are Borderline
- **22%** of men are Healthy
- **6%** of men are Very Healthy

It all begins with small, simple steps. Try something as easy as this:

Eat breakfast like a champion. A hearty serving of oatmeal and eggs prevents hunger pangs before lunch. The same can’t be said for sugary cereals, which add to your waistline and can increase the risk of type 2 diabetes.

For more tips on little changes making a big difference visit: DontChangeMuch.ca, Where Guys Go to Get Healthy.