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**One of Canada's Favourite Dads, Karl Subban, Joins Canadian Men's Health Foundation to Encourage Men to Take Care of their Health**

*Subban urges men to stop waiting and make changes now*

VANCOUVER, BC — Karl Subban has raised five accomplished children, including three NHL players. The former school principal has dedicated his life to helping others reach their goals, and today, he announced he has joined the Canadian Men's Health Foundation's (CMHF) roster of "Champions," to help motivate Canadian men to live healthier lives.

But while Subban saw great success with his children, it sometimes came at the expense of his own health, and, at the age of 40, he was diagnosed with Type 2 Diabetes. The health scare, and his journey to become healthier, were important factors in his decision to join the Canadian Men's Health Foundation.

"My story is not unique. We live such busy lives. Something has to give and it's usually how we eat and how we take care of ourselves. But you can't put off taking care of yourself. You can start by making small changes, but you have to start now," he explains. "You don't always see the impact of neglecting yourself right away. You don't wake up the next day and realize your health is in jeopardy. My hope, through the help of the Canadian Men's Health Foundation, is to remind men that they have to pause and remember their own health before they reach a crisis. If men don't take care of themselves first, they can't take care of their families, their careers or their communities. It has to be a priority."

The notion is in line with the work of the Canadian Men's Health Foundation ([MensHealthFoundation.ca](http://MensHealthFoundation.ca)), a national, non-profit organization founded by Order of Canada recipient Dr. Larry Goldenberg. The mission of CMHF is to inspire Canadian men to lead healthier lives through a variety of programs including [DontChangeMuch.ca](http://DontChangeMuch.ca), a national campaign and social movement motivating men to lead healthier lives, and [YouCheck.ca](http://YouCheck.ca), a health awareness tool built specifically for men.

Subban's announcement follows a ground-breaking study by CMHF which concluded that 72% of Canadian men live unhealthy lifestyles.

Subban is most widely known as the father of P.K. Subban, the all-star defenceman with the Nashville Predators, but he also has two other sons, Malcolm and Jordan, who play in the NHL. His daughters are both educators, following their father into the teaching profession. One is also a record-setting athlete and the other an acclaimed visual artist. The author of the book "How We Did It" spends much of his time as a leadership speaker.

"We are so excited that Karl is one of our Champions," says CMHF founding president, Wayne Hartrick. "He understands what it means to struggle with your health. Like many men, he has had to figure out how to become healthier. It's sometimes a daunting challenge and there are guys out there who don't know where to begin. Karl has been there, and we know he'll be able to help Canadian men make small changes every day to live healthier lives."

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[www.menshealthfoundation.ca](http://www.menshealthfoundation.ca) | [www.dontchangemuch.ca](http://www.dontchangemuch.ca) | [www.youcheck.ca](http://www.youcheck.ca)



## **ABOUT CANADIAN MEN'S HEALTH FOUNDATION**

Canadian Men's Health Foundation (CMHF) is a national, not for profit organization with a mission to inspire Canadian men and their families to live healthier lives. The statistics around men's health in Canada are alarming; 70% of men's health problems can be prevented by adopting healthy lifestyles. Learn more at [MensHealthFoundation.ca](https://www.MensHealthFoundation.ca), [YouCheck.ca](https://www.YouCheck.ca) and [DontChangeMuch.ca](https://www.DontChangeMuch.ca).

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