

FOR IMMEDIATE RELEASE

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Comedian Toby Hargrave Joins Canadian Men's Health Foundation To Show That Men's Health is No Joke

Hargrave leads by example that small changes make a big difference

VANCOUVER, BC - The Canadian Men's Health Foundation (CMHF) announces Toby Hargrave as its newest national champion. Hargrave will help motivate and inspire Canadian men to live longer, healthier, more fulfilling lives, joining a roster of 12 other champions across Canada committed to men's health.

A gifted comedian and storyteller with the ability to pinpoint the unseen hilarity of life, Hargrave is often compared to the Harry Potter character Hagrid for his warmth and imposing stature.

"I have two kids and am getting older, so my health is on my mind more now than it would have been a few years ago," says Hargrave. "I might never run a marathon, but I can still do things that work for me, like taking the dog for longer walks or watching what I eat a little more. For me, it's about doing a little bit better every day."

Originally from Edmonton Alberta and based in Vancouver British Columbia, Hargrave is a busy film and television actor appearing on many networks including Netflix, CBS, BBC World wide and HBO. As a Comedian he has performed at the Just for Laughs Festival in Montreal, the Halifax Comedy Festival, the Improv Comedy Clubs, in addition to numerous appearances on CBC's "The Debaters" and his own one-hour comedy special on CTV and the Comedy Network. Hargrave has also lent his comedic wit to an original documentary entitled ["What's So Funny About Men's Health?"](#), produced by CMHF and TELUS. The video offers an honest and humorous look at men's health and the little changes we can all make to become healthier.

"We are so excited to work with Toby as a champion for men's health," says Wayne Hartrick, President of CMHF. "Toby's story is similar to that of many Canadian men. We know that men often avoid talking about their health and that they are 24% less likely than women to visit their doctor. For many of us, the thought of becoming healthier is overwhelming. We don't know where to start, but in many cases small changes make a difference. Simple things like taking the stairs or having an apple instead of chips can have a significant effect on men's health and the health of those around them."

MEN'S HEALTH FACTS

- Fathers who model healthy eating result in healthier diets among their children
- 62% of Canadian men have an unhealthy diet;
- 54% of Canadian men under or over sleep;
- 59% of Canadian men do not get enough physical activity
- 39% of Canadian men have unhealthy alcohol consumption; and
- 20% of Canadian men smoke cigarettes.

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, YouCheck.ca and DontChangeMuch.ca.

MEDIA REQUESTS

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