

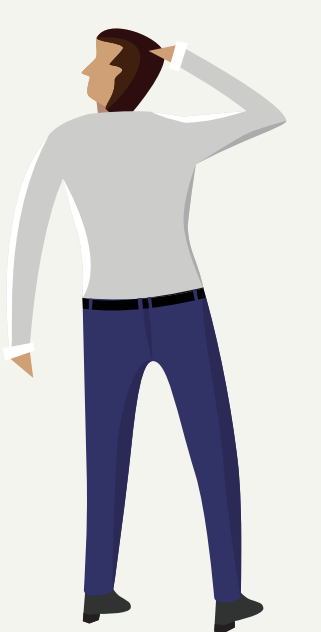
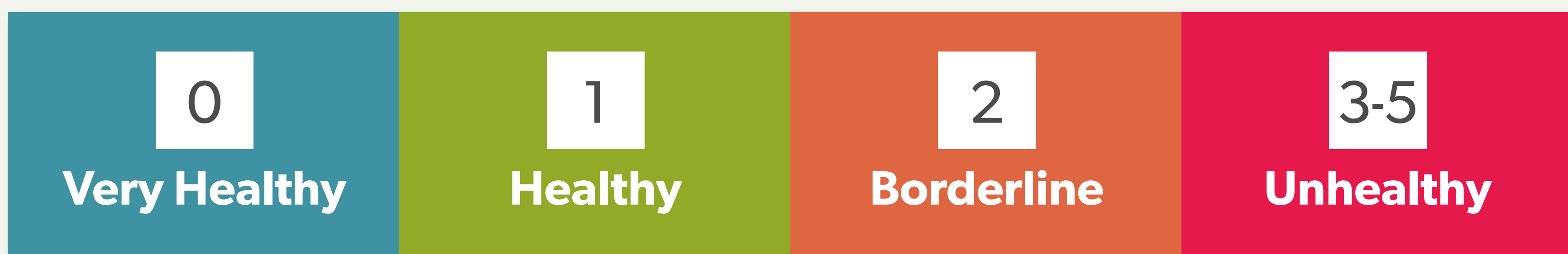
WHERE DO YOU STAND?

How healthy are you?

What are the unhealthy behaviours?



How many unhealthy behaviours do you have?



Here's how you compare to Canadian men:



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.

Source: Available upon request



Canadian Men's Health Foundation (CMHF) is a national, not for profit organization. Our mission is to inspire Canadian men to live healthier lives. CMHF envisions a nation where men actively care for their health, and Canadian society values the final piece of the family health puzzle.

DONTCHANGEMUCH.ca

Where guys go to get healthy