

Daily Social Media Themes and Sample Posts for Men's Health Week 2022



Purpose of this Document

Men's Health Week (MHW) 2022 takes place in the context of an easing of the restrictions introduced to combat the Coronavirus / COVID-19 pandemic. Worldwide, this virus had a major impact upon the health of men and boys as well as their wider lives.

For a couple of years now, COVID has placed a myriad of boundaries upon what we have been able to do. MHW 2022 seeks to reverse this trend, and focuses upon what we can do to take back control of our own health.

During 2022, the theme for Ireland is **'MISSION: isPOSSIBLE'** and the call to men (and those who support the health of men) is: **'THE ACTION STARTS WITH YOU'**.

However, men's health issues and needs are numerous and complicated. So much so, that we could probably assign a different one to highlight on each day of the year and still have an outstanding pool of ones to explore.

When preparing for MHW 2022, the all-island Planning Group felt that it would be useful to draw attention to a specific theme on each day during the week, as well as on the days leading up to it. The themes decided upon were ...

- Thursday 9th June: Men's Health Week 2022 - the final countdown begins
- Friday 10th June: MISSION: isPOSSIBLE - the action starts with you
- Monday 13th June: Mental fitness
- Tuesday 14th June: Prevention is better than cure
- Wednesday 15th June: Food for thought
- Thursday 16th June: Rethink your drink
- Friday 17th June: Trash the ash
- Saturday 18th June: Let's get physical - be more than a sports spectator
- Sunday 19th June: Fathers - can make wonderful things possible for their kids

However, anything which highlights men's health issues and needs during MHW 2022 will be very welcome on any day - so, there's no need to stick rigidly to these themes.

Social media (especially Facebook, Twitter, Instagram and TikTok) has become a powerful tool for organisations to spread their message. During Men's Health Week 2022, we are encouraging everyone to 'Post' and 'Tweet' to their heart's content and, when possible, to use the hashtags:

#MensHealthWeek | #MissionIsPossible | #TheActionStartsWithYou

This paper seeks to help those people who would like to support MHW 2022 by using their own social media channels, but who don't have the time, energy or knowledge to develop their own messages. Therefore, on each day of the week, there is a range of suggested Posts and Tweets (and, often, graphics / videos) that you can simply cut-and-paste from. Some of these refer to research / events / resources / support / help in the Republic of Ireland, while others have a Northern Ireland focus. When this is the case, they will be accompanied by either [RoI] or [NI]. However, the core information given in either of these will be useful to everyone.



There are message options presented for each day of the week. Feel free to use all of them, or pick and choose the ones that suit yourself / your situation. This will make a huge difference to publicising the week. It's also an easy and free way to show your support.

Thursday 9th June 2022

Men's Health Week 2022: The Final Countdown Begins



The Final Countdown To Men's Health Week 2022 Has Begun ...

We're nearly there. The clock is ticking. It won't be long now until International Men's Health Week (MHW). This year, it will run from Monday 13th until Sunday 19th June 2022.

In recent years, research has highlighted the challenges which face males on the island of Ireland: <https://www.mhfi.org/MensHealthInNumbers1.pdf> However, #MensHealthWeek 2022 offers everybody an ideal opportunity to improve the health of men and boys.

To find out more about MHW 2022 and how you can support it / get involved, visit: www.mhfi.org/mhw/mhw-2022.html and read 'The Toolbox for Action' at: www.mhfi.org/mhw2022toolbox.pdf



#MensHealthWeek 2022 is almost here. Do you know everything that you need to know? If not, check out: www.mhfi.org/mhw/mhw-2022.html #MissionIsPossible

What is #MensHealthWeek 2022 all about? Get all your questions answered at: www.mhfi.org/mhw2022toolbox.pdf Make it your #MissionIsPossible

Want to show your support for #MensHealthWeek 2022? That #MissionIsPossible Use some / all of the graphics for the week at: www.mhfi.org/mhw/mhw-image-pack.html

#MissionIsPossible Let others know what you have planned for #MensHealthWeek 2022 by submitting the details at: www.mhfi.org/mhw/promote-an-event.html

Possible Images / Videos ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022</p>
	<p>MHW countdown video available at: https://youtu.be/_L36TgBxG5c</p>
	<p>Available at: www.mhfi.org/TrendsCover.JPG</p>
	<p>Available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Generic</p>
	<p>Available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Badge2022</p>
	<p>Available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Banner2022</p>
	<p>MHW 2022 overview video available at: https://youtu.be/veRdh_SRN0k</p>

Friday 10th June 2022

MISSION: isPOSSIBLE - the action starts with you



MISSION: isPOSSIBLE

Almost everyone has heard of the TV and film series 'MISSION: IMPOSSIBLE'. This offers many things that appeal to males - suspense, intrigue, courage, daring, incredible feats, heroism, fast-paced action ... and, in the end, good always triumphs over evil!

Each episode / film starts in the same way, with an invitation: 'your mission, should you choose to accept it, is ...' But did you know that during #MensHealthWeek 2022, the theme for Ireland is #MissionIsPossible and the call to men (and those who support the health of men) is #TheActionStartsWithYou

During the week, you are being asked to take on the role of Ethan Hunt (or Jim Phelps if you remember the original TV series) and to step up and become an action hero in your own life. All you have to do is set yourself a realistic and practical task to improve the health of men and boys and go for it. That's 'your mission, should you choose to accept it'.

So, if you're up for it, why not start by checking out ideas for action at:
www.mhfi.org/challenges2022.pdf and www.mhfi.org/mhw2022celebrateit.pdf



Interested in finding your #MissionIsPossible during #MensHealthWeek 2022? ... Check out the 'Challenges and Choices' Man Manual at: www.mhfi.org/challenges2022.pdf

Want to know how you can support #MensHealthWeek 2022? Have a look at:
www.mhfi.org/mhw2022celebrateit.pdf #TheActionStartsWithYou

It's #MensHealthWeek 2022. 'Your mission, should you choose to accept it is ...' Remember, #TheActionStartsWithYou

Keep up-to-date with the latest #MensHealthWeek 2022 developments at:
www.facebook.com/MensHealthWeek and www.twitter.com/MensHealthIRL

Possible Images...

	<p>Available at: https://www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022</p>
	<p>Available at: https://www.mhfi.org/manual2020cover.JPG</p>
	<p>Available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Poster2022</p>
	<p>MHW 2022 Facebook Cover Photo available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Facebook2022</p>
	<p>MHW 2020 Twitter Header Image available at: https://www.mhfi.org/mhw/mhw-image-pack.html#Twitter2022</p>
	<p>Generic Facebook Cover Photo available at: https://www.mhfi.org/mhwfacebookcover.jpg</p>

Monday 13th June 2022

Mental Fitness



Get Your 'Five-A-Day'

Mental health difficulties affect society as a whole, and not just a small, isolated group. But good mental health is more than simply the absence of problems. It is just as important as good physical health, and should be a priority for everyone.

There are five simple steps to help to maintain and improve your wellbeing. Try to build these into your daily life and think of them as your 'five-a-day' for mental fitness ...

1. **CONNECT** with the people around you - family, friends, colleagues and neighbours - and spend time developing relationships.
2. **BE ACTIVE** and find a physical activity that you enjoy. Go for a walk, run, cycle, do some gardening, wash the car, take the dog out ... Exercise makes you feel good.
3. **TAKE NOTICE** of the world around you, be observant, look for something beautiful or remark on something unusual. Savour and enjoy the moment, be aware of your surroundings and appreciate the place you're in.
4. **KEEP LEARNING** and don't be afraid to try something new. Rediscover an old hobby or sign-up for a course. Take on a different role, fix a bike, learn to play an instrument, develop a skill that you've always wanted to have ... Set yourself a challenge and have some fun.
5. **GIVE** to others. Do something nice for a friend or stranger, thank someone, smile or volunteer your time. Find ways to work together with others on things rather than on your own.

During #MensHealthWeek 2022 take the first small steps towards improving your mental fitness. This #MissionIsPossible

For practical help, support, tips and advice, visit: www.yourmentalhealth.ie [RoI] or www.mindingyourhead.info [NI]



It's Men's Mental Fitness Day during #MensHealthWeek 2022. Here are some tips for small steps to improve your mental wellbeing. This #MissionIsPossible: <https://www.3ts.ie/blog/mental-wellness>

[RoI] If your head's all over the place this #MensHealthWeek start by visiting:
www.yourmentalhealth.ie Make this your #MissionIsPossible

[NI] If your head's all over the place this #MensHealthWeek start by visiting:
www.mindingyourhead.info Make this your #MissionIsPossible

Good mental health is just as important as good physical health, and mental fitness should be a priority for everyone. This #MensHealthWeek follow the five step plan to maintain and improve your wellbeing: www.mentalhealthireland.ie/five-ways-to-wellbeing

It's #MensHealthWeek and the stigma surrounding mental health is a huge barrier that many men face. Here is some information on what stigma is: <https://tinyurl.com/2vdf22z>

#RestoringTheBalance We all need support at some times in our lives, and it's good to talk about the things which are bothering us. The Samaritans can offer a free and confidential service to anyone who needs it this #MensHealthWeek - www.samaritans.org/samaritans-ireland

Strong relationships are a key pillar of healthy and happy lives. What changes can you make during #MensHealthWeek 2022 to build upon and improve your connections with others?
#TheActionStartsWithYou

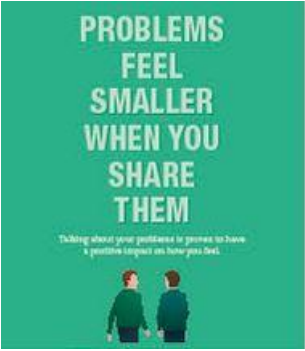




Social connections strengthen our immune system, help us to recover from disease faster, and may even lengthen our life. People who feel connected to others have lower rates of anxiety and depression. This #MissionIsPossible during #MensHealthWeek

Possible Images / Videos ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022

	<p>Available at: www.mhfi.org/TakeFive.JPG</p>
	<p>Available at: www.mhfi.org/Take5.jpg</p>
	<p>Available at: www.mhfi.org/Connect.jpg</p>
	<p>Available at: www.mhfi.org/BeActive.jpg</p>
	<p>Available at: www.mhfi.org/KeepLearning.jpg</p>
	<p>Available at: www.mhfi.org/Give.jpg</p>
	<p>Available at: www.mhfi.org/TakeNotice.jpg</p>

	<p>Range of mental fitness posters available at: https://www2.hse.ie/services/campaigns/littlethings/posters.html</p>
	<p>Available at: www.mhfi.org/MentalFitness.png</p>
	<p>See Change Ambassador Neil Kelders reflects upon the need to talk about what you're going through and the support you require: www.youtube.com/watch?v=B6A_NU2_Wy4</p>
	<p>See Change Ambassador Rick Rossiter talks about the importance of not hiding behind a mask and seeking help and support when you need it: www.youtube.com/watch?v=ZCviNh9gWHc</p>
	<p>Derek talks about his struggle with anxiety and the steps that he took to deal with it: www.youtube.com/watch?v=7QnIJExR0eA</p>

Tuesday 14th June 2022
Prevention is Better than Cure



During #MensHealthWeek 2022, people on the island of Ireland are being asked to take on practical 'missions' - no matter how small - to improve their own health and the health of the men and boys around them.

Cancer awareness and heart health are two areas where this can be realistically achieved.

Prevention is always better than cure. #TheActionStartsWithYou

#MissionIsPossible ... Did you know that during #MensHealthWeek there are a number of steps that men could take to cut their cancer risk? For example, making small healthy lifestyle choices every day; knowing the signs of cancer; checking for changes in your body; getting screening tests; asking to be checked out if you notice anything unusual or if you're worried about your health; learning more about cancer and how to reduce the risk ...

To find out more about cancer, how to avoid it, and where to get support if you have it, visit:
www.cancer.ie/reduce-your-risk | www.cancerfocusni.org/cancer-prevention |
www.mariekeating.ie/get-men-talking | <https://actioncancer.org/info-hub/what-is-cancer>

During #MensHealthWeek 2022, take the first steps towards protecting your heart. This #MissionIsPossible

For help and advice, visit: <https://nichs.org.uk/assets/resources/HealthyStuff.pdf> |
<https://irishheart.ie/how-to-keep-your-heart-healthy>

Remember, #TheActionStartsWithYou



[NI] Prevention is better than cure. During #MensHealthWeek #TheActionStartsWithYou Take practical steps to look after your heart health. Begin by visiting: <https://nichs.org.uk/assets/resources/HealthyStuff.pdf>

[RoI] Prevention is better than cure. During #MensHealthWeek #TheActionStartsWithYou Take practical steps to look after your heart health. Begin by visiting: <https://irishheart.ie/how-to-keep-your-heart-healthy>

Listen to your heart, not your head during #MensHealthWeek 2022 Check-out 'A Man's Guide to Heart Health' at: <http://irishheart.ie/wp-content/uploads/2017/01/AMansGuideToHealth.pdf>

During #MensHealthWeek men are reminded that #TheActionStartsWithYou in order to improve their health. Find out how to spot cancer early and reduce risk in this Manual for Men: https://www.cancer.ie/sites/default/files/2019-10/spot_cancer_early_-_manual_for_men_2017.pdf

[RoI] Men are more likely to develop bowel cancer compared to women, but are less likely to do a free home test which could prevent it. Don't get left behind. If you are aged 60-69, register for the test today: www.bowelscreen.ie/bowel-screening.130.html #MensHealthWeek

#MensHealthWeek 2022: Did you know that 1 in 3 men will be diagnosed with cancer at some point in their lives? Read the real life stories of Irish men who got talking and got checked at: www.mariekeating.ie/heroes-of-hope #MissionIsPossible

It's #MensHealthWeek Are you aware that almost half of all cancers could be avoided? Here's 12 small steps to reduce your risk: <https://cancerfocusni.org/cancer-prevention> #MissionIsPossible

Possible Images / Videos ...



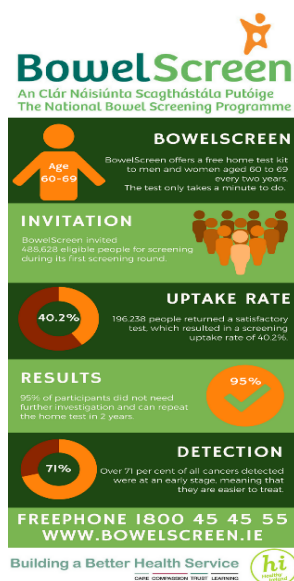
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www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022



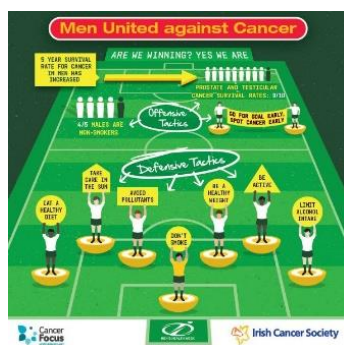
Available at:
www.mhfi.org/CancerInfograph2018.jpg



Available at:
www.mhfi.org/ICSmanual.png



Available at:
www.mhfi.org/BowelScreenInfograph.png



Available at:
www.mhfi.org/CancerGamePlay.JPG

 <p>Did you know that about half of all cancers could be avoided? What can you do to reduce your risk of cancer?</p> <p>12 WAYS TO REDUCE YOUR CANCER RISK</p> <ul style="list-style-type: none"> 1. BE PHYSICALLY ACTIVE 2. EAT HEALTHY 3. DON'T SMOKE 4. LIMIT ALCOHOL 5. PROTECT YOUR SKIN 6. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 7. GET CHECKED FOR CANCER 8. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 9. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 10. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 11. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE 12. DON'T TAKE DRUGS WITHOUT A DOCTOR'S ADVICE <p>Find out more about the European Code Against Cancer and ways to reduce your cancer risk on www.cancer.ie/europeancode or call: 1800 200 700</p>	<p>Available at: www.mhfi.org/12Ways.jpg</p>
 <p>HEART ATTACK SYMPTOMS Top 10 signs...</p> <p>MEN</p> <ul style="list-style-type: none"> Very tired/unusual fatigue Sleep disturbances Anxiety Chest pain Frequent indigestion Heart racing Arm ache Coughing Hand/arms tingling Arm weak or heavy <p>Chest Heart & Stroke</p>	<p>Available at: www.mhfi.org/HeartAttackSymptoms.png</p>
 <p>A man's guide to heart health</p> <p>"Listen to your heart"</p> <p>"Not your head"</p> <p>Irish Heart Foundation</p>	<p>Available at: www.mhfi.org/MensHeartGuide.png</p>
 <p>KNOW THE SYMPTOMS OF A HEART ATTACK...</p> <p>STOP</p> <ul style="list-style-type: none"> Something's not right - symptoms can start slowly Lightness or pain in the chest, pain in the arm, neck or jaw Other symptoms such as shortness of breath, nausea or sweating None immediately - the ambulance crew will do an ECG <p>999</p> <p>Chest Heart & Stroke</p> <p>Find out more at www.mhfi.org.uk</p>	<p>Available at: www.mhfi.org/STOP.jpg</p>
	<p>Steve speaks about how a health scare prompted him to lose 19 stone in weight: www.youtube.com/watch?v=tcggc8MKpUc</p>
 <p>Chest Heart & Stroke</p> <p>Geoff's Story My Heart Attack</p>	<p>For Geoff, the possibility of a heart attack was the last thing on his mind. Hear his story at: https://youtu.be/kwfrJn5aD4M</p>

Wednesday 15th June 2022

Food for Thought



Food for Thought

It's not always convenient to go to the shops or to get our hands on fresh and wholesome food. However, some of us also probably do a bit of 'comfort eating' out of boredom, or to cheer ourselves up, or because we simply want the easiest option. That's a sure-fire way for men to add a few extra pounds to the belly.

A well-balanced diet not only improves men's general health, sense of wellbeing and helps maintain a healthy weight, but it can also lower their cholesterol, keep their blood pressure down, and reduce their risk of developing heart disease, diabetes and some cancers.

So, what men eat really matters. To find out why during #MensHealthWeek 2022, check out:

<https://irishheart.ie/how-to-keep-your-heart-healthy/healthy-eating>

www.choosetolivebetter.com

www.safefood.eu/Healthy-Eating.aspx

www.enjoyhealthyeating.info

Balance in your diet is really important. #TheActionStartsWithYou So, what's your #MissionIsPossible going to be?



Do you need a reason to rethink what you eat? ... During #MensHealthWeek 2022 check out pages 8-12 in the Man Manual: www.mhfi.org/challenges2022.pdf #TheActionStartsWithYou

Eating too much salt results in high blood pressure which can lead to stroke or heart disease: www.safefood.net/Healthy-Eating/Food-and-health/Salt Shake the habit for #MensHealthWeek because #TheActionStartsWithYou

Men with a waist size of over 37 inches are at increased risk of some health conditions. Tighten-up this #MensHealthWeek and start your personal #MissionIsPossible See: www.safefood.net/Healthy-Eating/Healthy-weight-loss

[RoI] What you eat can either protect you or increase your chances of getting heart disease or having a stroke. Understand the types of food that make up a healthy balanced diet this #MensHealthWeek by visiting <https://irishheart.ie/how-to-keep-your-heart-healthy/healthy-eating>

[NI] What you eat can either protect you or increase your chances of getting heart disease or having a stroke. Understand the types of food that make up a healthy balanced diet this #MensHealthWeek by visiting <https://nichs.org.uk/information/risk-factors/diet>

#MissionIsPossible One of the best ways to prevent cardiovascular disease such as stroke, heart attack and angina is to have a well-balanced diet to keep your cholesterol level low. During #MensHealthWeek 2022, kick-start the process: <https://irishheart.ie/how-to-keep-your-heart-healthy/cholesterol>

Possible Images / Videos ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022



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www.mhfi.org/Image9Safefood.jpg



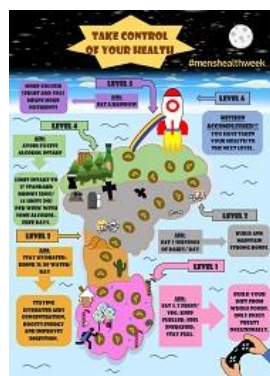
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www.mhfi.org/Image12SafeFood.jpg



Available at:
www.mhfi.org/EnergyBalance.jpg



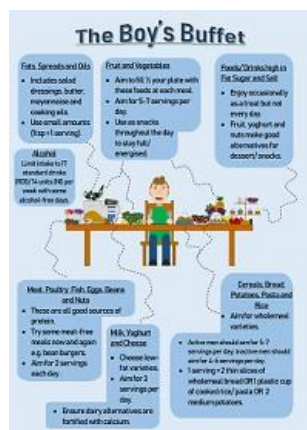
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www.mhfi.org/MachoMythBusting.png



Available at:
www.mhfi.org/TakeControl.jpg



Available at:
www.mhfi.org/MythBusting.png



Available at:
www.mhfi.org/BoysBuffet.jpg



Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
www.youtube.com/watch?v=PayqDOEry20



Vinny talks about his weight loss journey, when he shed 18 stone in 24 months:
www.youtube.com/watch?v=kpcxAZj5MFM

Thursday 16th June 2022

Rethink Your Drink



Rethink Your Drink

What we drink makes a big difference to our weight, cholesterol level, mood, concentration, relationships, productivity, wallet, belly size ...

Of course, when we talk about 'drink' in Ireland we usually immediately think about alcohol. However, other things such as caffeine, the sugar added to soft drinks, fat levels in milk, protein in shakes etc. also need some consideration!

Many men in Ireland like an alcoholic drink, but problems start if you drink too much too often. There's also a hidden side to alcohol. It affects your body and brain, increases many health risks, and can damage your mental health. It can also mask problems and make life's ups-and-downs harder to deal with.

#MensHealthWeek 2022 offers an ideal opportunity to rethink your drink. However, the #TheActionStartsWithYou

Begin by visiting: www.askaboutalcohol.ie [RoI] or <http://drugsandalcoholni.info> [NI] and find out how this #MissionIsPossible



[RoI] #MissionIsPossible By knowing what the Low-Risk Drinking Guidelines are, you can maintain a balance in your drinking. By sticking to these guidelines, you can greatly improve your health & restore your wellbeing. During #MensHealthWeek find out more at: www.askaboutalcohol.ie

[NI] #MissionIsPossible By knowing what the Low-Risk Drinking Guidelines are, you can maintain a balance in your drinking. By sticking to these guidelines, you can greatly improve your health & restore your wellbeing. During #MensHealthWeek find out more at: <https://drugsandalcoholni.info>

[RoI] Less is best because alcohol contributes to a range of chronic health conditions and diseases. Many are avoidable - if you can restore a sensible balance to how much, and how often, you drink. Find out more this #MensHealthWeek at: www.askaboutalcohol.ie

[NI] Less is best because alcohol contributes to a range of chronic health conditions and diseases. Many are avoidable - if you can restore a sensible balance to how much, and how often, you drink. Find out more this #MensHealthWeek at: <https://drugsandalcoholni.info>

Alcohol has a much bigger impact than just a short-term hangover. Find out more at: <https://drugsandalcoholni.info/alcohol> during #MensHealthWeek 2022

During #MensHealthWeek 2022, measure how your drinking is impacting on your health, your wallet and your weight. Use the online calculator at: <https://www2.hse.ie/wellbeing/alcohol/drinks-calculator>

Do you know the facts about all the things that you drink? ... #TheActionStartsWithYou this #MensHealthWeek Visit: www.safefood.net/healthy-eating/drinks

Possible Images ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022



Available at:
www.mhfi.org/AlcoholWaistline.jpg

Friday 17th June 2022

Trash the Ash



Trash the Ash

Smoking is the biggest single cause of untimely death amongst men on the island of Ireland. Indeed, worldwide it has killed more people than both World Wars put together!

However, the good news is that these smoking-related deaths are preventable. So, make #MensHealthWeek 2022 the time to quit.

The very moment that you stop smoking your health starts to improve. If you would like to live longer, have more energy, feel less stressed, have better sex, strengthen your body's immune system ... think about kicking the habit.

There's loads of help available. #MissionIsPossible Start by checking out www.quit.ie [RoI] or www.stopsmokingni.info [NI] and know that #TheActionStartsWithYou



[NI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. So, take the first steps towards quitting during #MensHealthWeek This #MissionIsPossible Find out more at: www.stopsmokingni.info

[RoI] Smoking is the biggest cause of avoidable death amongst men on the island of Ireland. So, take the first steps towards quitting during #MensHealthWeek This #MissionIsPossible Find out more at: www.quit.ie






#MensHealthWeek 2022: Quit smoking to live longer. Men who quit by the age of 30 add 10 years to their life. Now, that's a step in the right direction! #TheActionStartsWithYou

#MissionIsPossible - Did you know that you're four times more likely to quit smoking with specialist support and Nicotine Replacement Therapy? Give it a try this #MensHealthWeek

[NI] It's #MensHealthWeek 2022 ... The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! Find out more at: www.stopsmokingni.info/why-quit #MissionIsPossible

[Rol] It's #MensHealthWeek 2022 ... The very moment that men stop smoking their health starts to improve. Today's the day to trash the ash! Find out more at: <https://www2.hse.ie/wellbeing/quit-smoking/get-help-when-you-quit-smoking> #MissionIsPossible

Possible Images / Videos ...

 <p>TRASH THE ASH Friday 17th June 2022 #MensHealthWeek</p>	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022</p>
 <p>You can QUIT We can help Are you ready to try to QUIT smoking? Getting help and support will double your chances of success. Your QUIT GUIDE starts here</p>	<p>Available at: www.mhfi.org/HSEStopSmoking.JPG</p>
 <p>1 IN 2 SMOKERS WILL DIE OF A TOBACCO RELATED DISEASE DON'T BE THE 1 Find out more</p>	<p>Available at: www.mhfi.org/PHASmoking.JPG</p>
 <p>Stop Smoking helping you to quit</p>	<p>Available at: www.mhfi.org/StopSmoking.png</p>
	<p>Paul O'Kane offers advice on how to stop smoking: www.youtube.com/user/Buckalic40/videos</p>

Saturday 18th June 2022

Let's Get Physical - be more than a sports spectator



Let's Get Physical

Physical activity can benefit every aspect of your health. However, #TheActionStartsWithYou

It has been shown that regular exercise reduces the risk of chronic diseases such as coronary heart disease, Type 2 diabetes, stroke, cancer, osteoporosis and depression. It reduces stress, improves sleeping patterns, builds-up bone and muscle strength, helps to control weight, tones body shape ... Indeed, men who increase their activity level over a five year period cut their chances of dying early by almost half. It's the ultimate 'miracle drug'!

But being active doesn't have to mean going to the gym. This #MensHealthWeek there are loads of ways that you can do this in your daily life e.g. take the dog for a walk, go cycling, wash your car by hand, take the stairs instead of the lift, jump off the bus a stop or two before your destination, cut the grass, take-up jogging, dig-over the flower beds, join-in a kickabout ...

For ideas, and inspiration to get you started, check out: www.getirelandwalking.ie | www.walkni.com | www.IrishTrails.ie | www.outmoreni.com | www.parkrun.ie



[RoI] Daily walking is the easiest way for men to get moving and active. @GetIrelandWalking offers tips and advice for anybody who wants to start walking during #MensHealthWeek Find out more at: www.getirelandwalking.ie #MissionIsPossible

[NI] Daily walking is the easiest way for men to get moving and active. Find tips, advice and routes for anybody who wants to start walking during #MensHealthWeek at: www.walkni.com #MissionIsPossible

#TheActionStartsWithYou Men of all ages and abilities are encouraged to enjoy the outdoors during #MensHealthWeek There are 900+ trails waiting to be discovered. Walk, bike, run and paddle your way through them all: www.IrishTrails.ie

[RoI] Local Sports Partnerships across Ireland aim to increase levels of participation and help you to get active during #MensHealthWeek This #MissionIsPossible - find one near you at: www.sportireland.ie/Participation

[NI] Why not pull that old bike out of the shed / cupboard and get cycling for #MensHealthWeek For ideas on where to go in Northern Ireland, see: www.outmoreni.com for ideas.
#TheActionStartsWithYou

Possible Images / Video ...

	<p>Available at: www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022</p>
	<p>Available at: www.mhfi.org/WalkingGroups.jpg</p>
	<p>Available at: www.mhfi.org/ParkRun.jpg</p>
	<p>Available at: www.mhfi.org/GetIrelandWalking.png</p>



Available at:
www.mhfi.org/PhysicalActivityStats.jpg



Available at:
www.mhfi.org/IrishTrails.jpg



Ciaran speaks about how healthy eating and exercise helped him to beat Type 2 Diabetes:
www.youtube.com/watch?v=PayqDOEry20

Sunday 19th June 2022

Fathers - can make wonderful things possible for their kids



Happy Father's Day!

Today, Father's Day, marks the end of #MensHealthWeek. Interestingly, when asked 'what is the best thing that has ever happened to you in your life', many men will say 'BECOMING A FATHER'.

Dads play an extremely important role in their children's lives, and there is a strong body of evidence which shows how they improve positive outcomes for their children. Today is, therefore, the perfect time to highlight this crucial input and to celebrate the input of men to raising children.

Why not start by checking out: www.mhfi.org/TheDadFactor.pdf and have a look at an archive copy of 'Things for Dads to do with Kids' at: www.mhfi.org/DadsAndKids.pdf



Happy Father's Day! Have you ever thought about 'what good are dads?' If not, make this your #MissionIsPossible and check out: www.fatherhoodinstitute.org/uploads/publications/71.pdf for #MensHealthWeek 2022

It's #MensHealthWeek 2022 ... Fathers play a key role in improving their children's outcomes. This local briefing paper highlights how: www.mhfi.org/TheDadFactor.pdf

What is the evidence for why dads need to be supported to stay involved in their children's lives? See: www.mhfi.org/manmattersbriefing3.pdf this #MensHealthWeek

Fathers have a powerful impact upon their children's mental health. Find out how this #MensHealthWeek at: www.mhfi.org/FathersAndChildMentalHealth.pdf #MissionIsPossible

#MissionIsPossible Are you looking for ideas for activities to do with your kids during #MensHealthWeek? If so, check out: www.mhfi.org/DadsAndKids.pdf

#MensHealthWeek 2022 ends today. Thanks to everyone who made it so successful. Remember that #TheActionStartsWithYou and #MissionIsPossible in the year ahead.

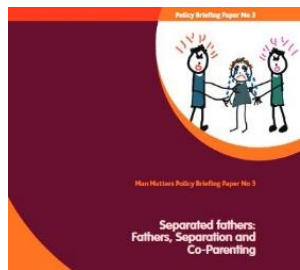
Possible Images ...



Available at:
www.mhfi.org/mhw/mhw-image-pack.html#SocialMedia2022



Available at:
www.mhfi.org/TheDadFactor.jpg



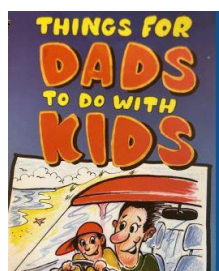
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