

Men's Health Week

Monday 15th –
Sunday 21st June 2026



ONE STEP AT A TIME – progress, not perfection

Find out more at www.mhfi.org



Hi there,

Do you ever get the feeling that everyone is trying to weigh you down with 'healthy messages'?

It is true that we all need to: eat 5-7 portions of fruit / vegetables a day; have at least 30 minutes moderate physical activity on five days a week; stop smoking; limit our alcohol consumption; check our bits and bobs ... but, if we aren't already doing this, then we need to find practical and realistic ways to get ourselves into this routine.

During Men's Health Week 2026, everyone is being asked to simply take **ONE STEP AT A TIME** and to work towards making progress rather than seeking perfection - to take small steps that can have big results.

If you want a DIY guide to help you to get started, check out the ten top tips in the 'Action Man' manual at:
<https://mhfi.org/ActionMan.pdf>

Take it one step at a time, celebrate your achievements, and have a great week!

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here

WE SUPPORT
**MEN'S HEALTH
WEEK 2026**

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www.mhfi.org