



### **GUYS: Ideas for your One MO Thing**

- Check up from the neck up—schedule a visit with a psychologist.
- Schedule other annual check-ups—primary care doctor, eye doctor, dentist, and/or dermatologist.
- Make a plan to move more.
- Have walking meetings.
- Make man time.
- Do something fun with your spouse.
- Do something fun with your kids.
- Get eight hours of sleep.
- If you're over 40, get your prostate checked.
- If you're over 50, schedule a colonoscopy.
- Write or update your will.
- Talk to your dad about your family health history.
- Know thy nuts – check for testicular cancer.
- Don't drive over the speed limit.
- Test your smoke alarms.
- Check your blood pressure—if it's high, do something!
- Eat more fruits and/or vegetables.
- Talk to a bro about life.
- Learn to cook a new, healthy recipe.
- Learn to watch for signs and symptoms of mental health issues in your fellow bros.

### **LADIES: Ideas for encouraging his one MO thing**

- Invite him to the gym with you.
- Encourage man time.
- Cook a new healthy recipe together.
- Start the conversation about his health.
- Schedule a double date.
- Remind him why you care about his health.
- Call your dad.
- Educate yourself about male health problems and how to watch for signs and symptoms.
- Compile both sides of family health history.