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Not all heroes wear capes...but they do look after their health!

Men's Health Week 10-16 June 2024
#menshealthweek

Throwing on a cape, swinging from spider threads or wearing your undies on the outside may not be your thing, but rural and remote men can still be superheroes by taking the initiative to look after their physical and mental health, the Rural Doctors Association of Australia (RDAA) has said in the lead-up to Men's Health Week 2024.

RDAA has joined other organisations in promoting the [Good Health Heroes](#) campaign during Men's Health Week – a campaign to encourage and empower men to understand their own health and be their best (healthy) self through implementing simple health habits.

“Good health can be simple to achieve by implementing good health habits incrementally in small steps, and committing to keep doing them each day,” RDAA President, Dr RT Lewandowski, said.

“The Good Health Heroes campaign focuses on six key foundations of good health in men — nutrition, exercise, connection, reducing risk-taking, health literacy and sleep.

“These are not hard foundations to follow in your everyday life, but they are incredibly important foundations for good health now and into the future.”



RDAA recommends the following tips for good health:

- **Get physical** – movement is an essential part of life, not an optional extra. Choose exercises you actually enjoy, and know that any movement is better than none so even a quick walk around the block after work is a great start.
- **Be nourished** – what you eat has a noticeable effect on how you feel physically and mentally, as well as my overall health. Add extra greens, be mindful about portions and limit foods containing saturated fat, added salt and added sugars.
- **Stay connected** – strong and supportive relationships are critical for a long and healthy life. Enjoy a date night with your partner, connect with a local dad's group, or check in with mates.
- **Rest up** – sleep is vital for rebooting our systems and supports our immunity, metabolism, memory, and learning. Try going to bed at a similar time each night, limit screens close to shut-eye, and skip the afternoon caffeine hit.

- **Avoid risks** – minimising risk is a great way to stay healthy. Don't smoke, moderate your alcohol and know your family history of health conditions. Workplace injuries are a huge contributor to injury in men so speak up about on-site concerns.
- **Get checked** – listen to your body, and deal with health niggles before they become major problems. Visit your doctor for reliable health information and check-ups

“There is also some great information on men’s health conditions available through [Healthy Male](#), which can be a great place to start if something is concerning you,” Dr Lewandowski said.

“You may not be Superman, Spiderman or Batman, but you ARE a superhero to your family and friends – so take on those superhero powers and actively look after your health and wellbeing each and every day!

“And PLEASE reach out to your doctor or other mental health support if you are feeling down or depressed – we are here to help you. Rural doctors are trained to provide mental health care and consults are fully confidential.”

A high resolution photo of Dr RT Lewandowski is [available here](#).

Available for interview:

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