

14 June 2023

Mayoral Message

Dear Residents



This Men's Health Week (**12-18 June**), I would like to take a moment to remind all the men and boys in our community to put their wellbeing first.

It's easy to get bogged down in our busy lives and we tend to ignore our health. But this week's theme 'Healthy Habits' reminds us to take a good look at our lifestyles and make small changes that can make a huge difference.

The statistics show an alarming amount of Australian men are not taking proper care of themselves. Approximately 50% of men are not exercising frequently, 97% are missing out on their veggies and 71% on their fruit.

It's no surprise that men have a lower life expectancy than women and are more likely to experience higher rates of chronic diseases.

Regular physical activity and making healthier food choices are just the start. It's also crucial that we make use of the many services in Canterbury-Bankstown to manage our health and find any problems before it's too late.

So, what better time to book in your regular health check-up than now!

But men's health is not just about physical wellbeing. We must also take the time to do what we love for our mental, emotional and social wellbeing. Taking up a hobby, spending time with friends and family and even going to the footy can make all the difference.

And for those men who are looking to socialise and relax, our men's sheds are a fantastic place to get together, work on projects and enjoy some good old-fashioned mateship.

There are men's sheds across our City and to find one near you, visit **cb.city/MensShed**

Let's make this Men's Health Week the starting point for creating healthy habits and taking those small steps towards a healthier lifestyle.



Clr Bilal El-Hayek
MAYOR

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