



Prostate Cancer
Foundation of Australia

PERFECT MATCH



MONDAY JUNE 12 – SUNDAY JUNE 18

2023 MEN'S HEALTH WEEK EVENT PLANNER



☎ 1800 22 00 99

🔍 perfectmatch.org.au

2023 MEN'S HEALTH WEEK EVENT PLANNER

Monday June 12 – Sunday June 18

Join free and feel good when you double your impact in the fight against prostate cancer.

MONDAY 12 JUNE



Take on a **physical challenge** and double your daily distance.

TUESDAY 13 JUNE



Take on a **mental challenge** and try a new brain game.

WEDNESDAY 14 JUNE



Take on a **work-place challenge** and throw a morning tea.

THURSDAY 15 JUNE



Take on a **psychological challenge** and try meditation.

FRIDAY 16 JUNE



Take on a **social challenge** and get dressed up to go out.

SATURDAY 17 JUNE



Take on an **adventure challenge** and do something wild.

SUNDAY 18 JUNE



Take on a **nature challenge** and enjoy the great outdoors.

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How to improve your health and wellbeing as you take on each day of the Perfect Match.

MOVE ON MONDAY

This Men's Health Week, start your Monday off with some movement.

Regular exercise helps prevent fatigue, improves sleep and lifts your mood. Aim for a mix you enjoy to help improve adherence.

TAKE TIME OUT ON TUESDAY

Mental wellbeing is an important part of overall health.

Today, try something to reduce your stress levels. Why not try a new hobby, get outdoors or listening to your favourite song?

WELLNESS ON WEDNESDAY

Eating well is a simple step to better health and wellbeing.

Add in some healthy options to your morning tea to improve your health and wellbeing, and boost your mood. The more colour on your plate, the better!

THOUGHTFULNESS ON THURSDAY

This Thursday, as part of your weekly challenge, take some time out for rest and relaxation and try meditation.

Mediation is proven to reduce negative emotions and help you focus on the present.

GET FRIENDLY ON FRIDAY

Today, get social have a connect with friends and family. Talking with friends can alleviate stress and help us problem solve.

Make sure you text or call a mate and organise a social outing.

SOMETHING BOLD ON SATURDAY

Try something new today and push yourself outside your comfort zone!

Trying a new challenge can be extremely rewarding and can help boost your self-confidence. It's a win-win!

STEP-OUT ON SUNDAY

Get into nature and reap the benefits.

Enjoying the great outdoors is proven to help us deal with stress and anxiety, and improve our mood and clarity. Wherever you are, take a walk in nature today.