



WHAT'S  
**YOUR**  
SCORE?

**150** . We should try to do around 150 minutes of moderate exercise a week. Being more active reduces your risk of heart disease, diabetes, cancer and other health conditions. Aim for 150 minutes over the week that makes you a little breathless - walking, running, gardening, gym, whatever - it all helps.

**menshealthweek.co.nz**



**Mens Health Week**  
**10-16 June, 2024**



**Take the test here**