



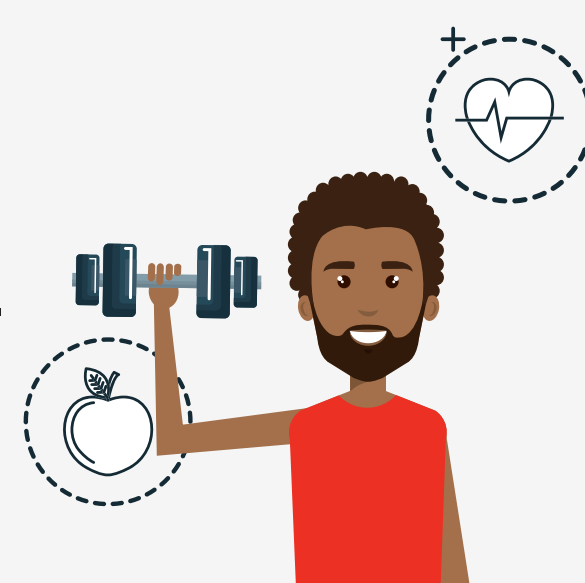
MEN'S HEALTH: DON'T WAIT UNTIL IT BREAKS

MEN, LET'S TALK.

Not about sports. Not about “pushing through.” Not about being the strongest guy in the room. Let's talk about the stuff we're not supposed to talk about.

THE SILENT CRISIS

- Men are less likely to go for regular health checks.
- More likely to die from preventable conditions.
- Less likely to reach out for mental health support.
- More likely to suffer in silence.



This isn't weakness. This is culture. And it's costing lives.

In South Africa, men live on average 6 to 8 years less than women (Stats SA, 2022).

Not because we're built differently — but because we treat ourselves differently.

REAL TALK: WHAT'S HURTING US

- Stress we bottle up instead of offloading
- Chest pain we ignore until it's an emergency
- Sadness we bury under silence and jokes
- Tiredness we call “just work” — even when it's burnout

You can't lead at work or show up at home if your health is falling apart quietly.

WHAT YOU CAN DO (THAT NO ONE TOLD YOU)



Book the check-up. Even if nothing feels “wrong.”



Know your numbers. Blood pressure. Cholesterol. Glucose. PSA.



Speak to a counsellor. Not because you're broken — because you're human.



Sleep. Hydrate. Rest. Repeat.



Move your body. Not to look good — to feel better.

You fix your car when it rattles. Why wait for your body to break down?

YOU'RE NOT ALONE

Asking for help doesn't make you less of a man. It makes you smart. Alive. Here for longer.

SO HERE'S THE CHALLENGE:

Check in on yourself. Check in on your friend. And if something feels off — speak.



For more information, support and advice feel free to reach out to us on transneteap@mhg.co.za

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