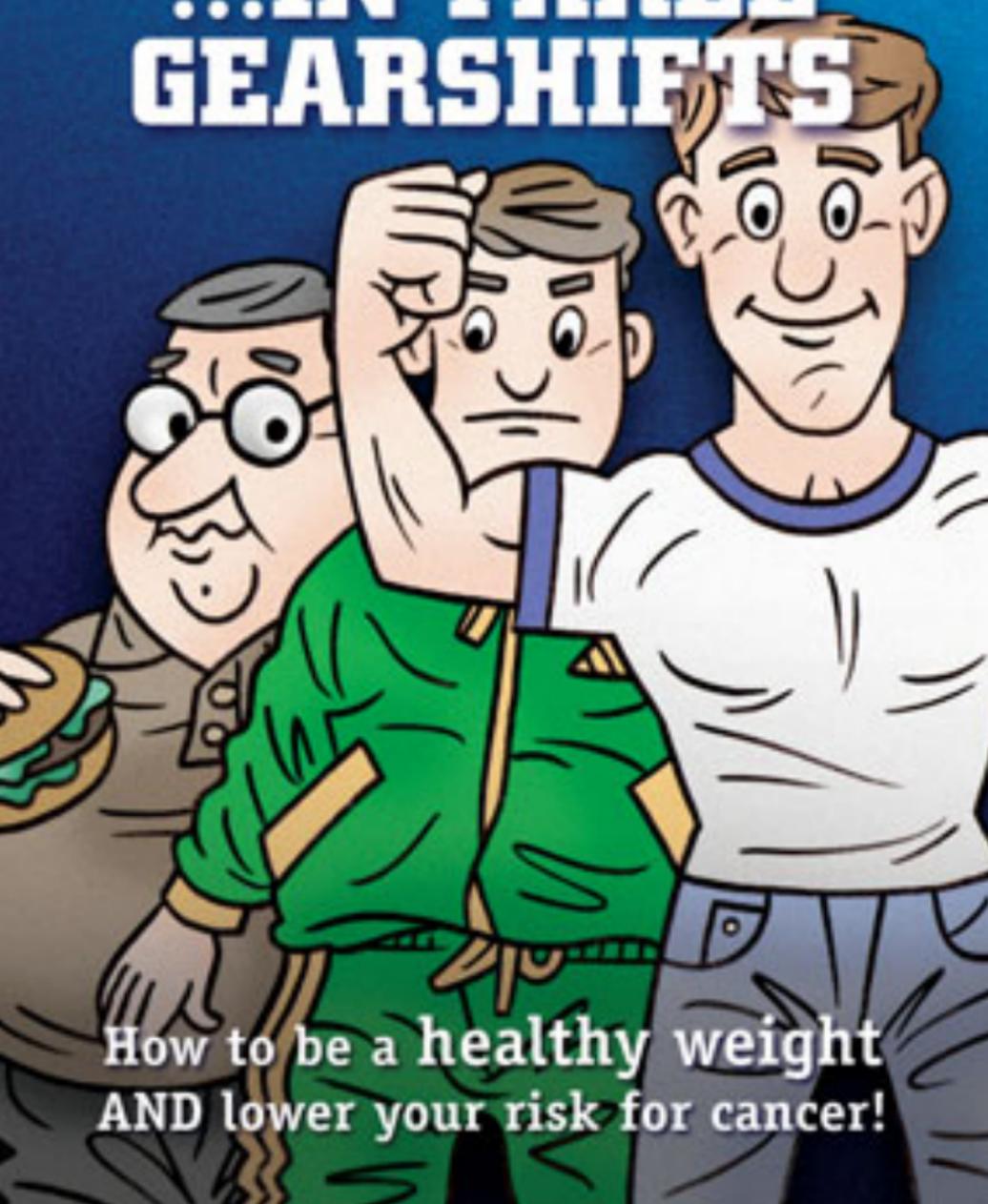


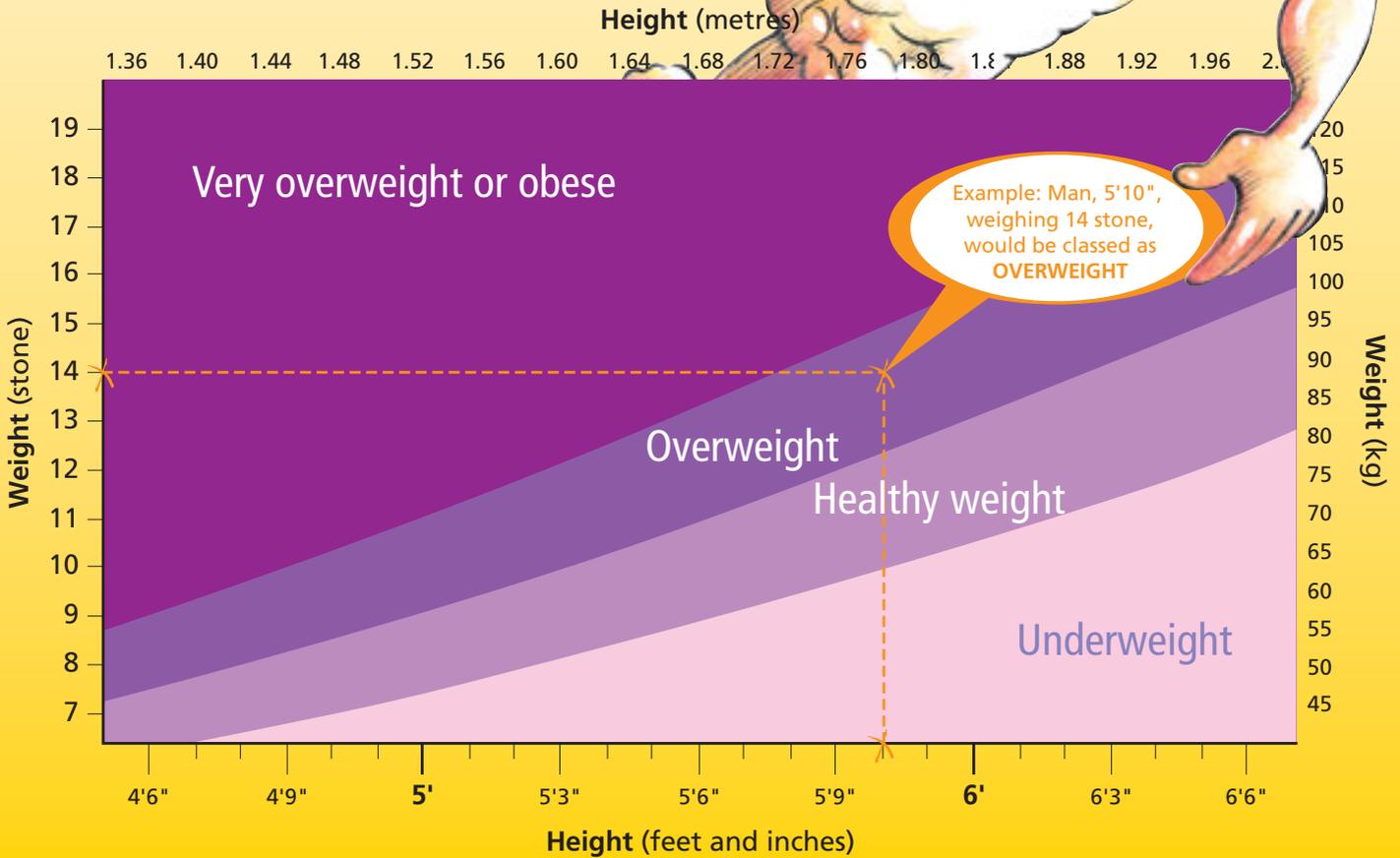
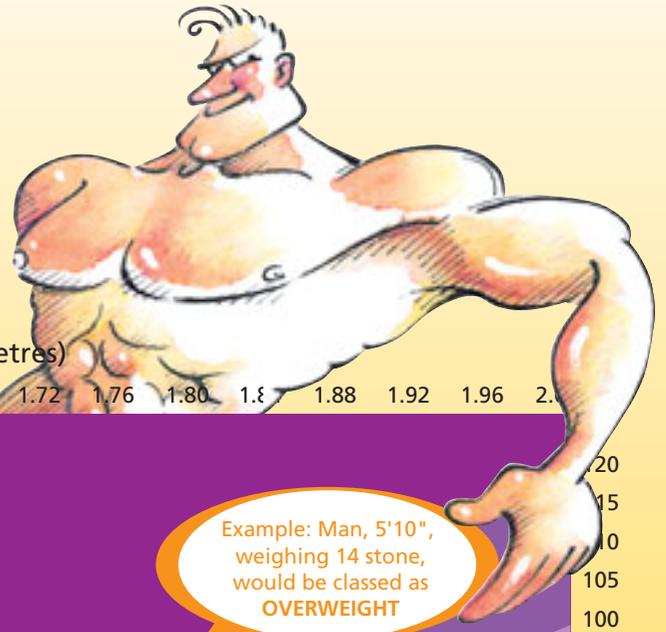
FROM HGV TO GTi

...IN THREE
GEARSHIFTS



How to be a healthy weight
AND lower your risk for cancer!

GTi or HGV?



Find your weight on either side and draw a line across the chart at this point. Find your height at the top or the bottom of the chart and draw a straight line up or down from this point. Where these two lines meet is your BMI group. For example, a man who is 5 foot 10 inches and 14 stone is in the overweight category.

GETTING UNDER THE BONNET

Bad News: One in three people develop cancer at some point in their life

Good News: Most cancers are preventable or treatable

ARE YOU A HGV OR A GTi?

The man machine has been around for a very long time. As owners of the latest model you'd think we'd want to keep it in tiptop shape. Unfortunately, men are more likely to look after their cars than their own bodies.

Over half of all Irish men are either overweight or obese. We are a nation of HGVs not GTis!

Being overweight not only increases the chance of health problems, like heart disease, stroke and diabetes, it also raises our risk for certain cancers.

Yet men are best at losing weight once they make up their minds to do so.

So, if your model is a GTi, great! You're helping to reduce your risk for cancer. If you're closer to a HGV you need to read on!

TROUBLE PARKING ?!!

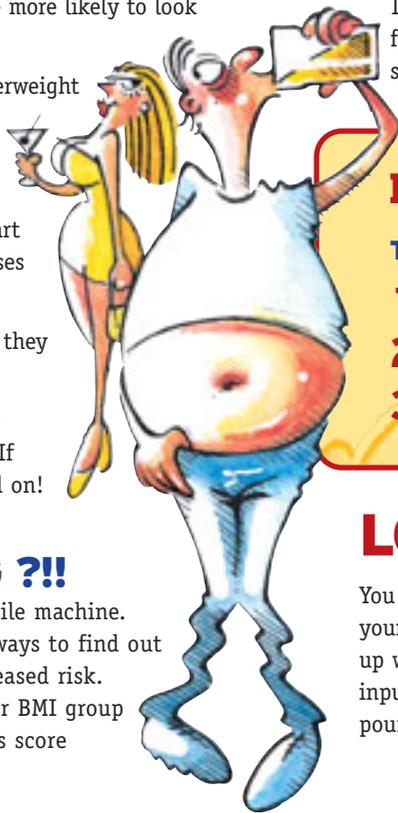
What you need is a smaller, more mobile machine. Body Mass Index (BMI) is one of the ways to find out if you are a healthy weight or at increased risk. Use the chart overleaf to find out your BMI group but remember that very muscular guys score higher without any increased risk, so waist size can be more useful.

BUBBLE CAR VS LEAN MEAN MACHINE

Most men put down the beef around the middle, so this is a quick way to find out if you need to trim the fat. Wrap a measuring tape around your waist just above your

hipbones and over the belly button. Breathe out and measure. More than 40 inches (102cm) and you are at high risk.

If your model is more bubble car than lean machine, fear not! There are lots of things you can do to lose the spare tyre.



HGV TO GTi IN 3 GEARSHIFTS

TO GO ZOOM NOT BOOM YOU NEED:

- 1 High performance fuel (a healthy diet)
- 2 Quality oil (less booze)
- 3 Regular use (physical activity)

LOVE YOUR ENGINE

You wouldn't dream of putting the wrong fuel and oil into your car, would you? And an unused engine will just seize up when you really need it most. Getting your body's fuel input and energy output right will help you shed some pounds and perform at your best.

**High octane fuel
= higher omissions**

For maximum speed and power go for carbs. Vegetables, fruit, peas, beans and wholegrain bread, rice or pasta make you feel as though you have a full tank so you're less hungry.

And they're lower in fat and higher in fibre, so they can protect you against cancer as well.

MORE OF THE GOOD STUFF

Try to increase your fruit and veg to 5 or more portions a day and your high fibre bread, cereals, pasta and potatoes to 6 or more a day.

SUMP SLUDGE?

Too much fat in your food makes your engine sluggish. Saturated fats clog the fuel lines. Take away foods, sausage rolls, pastries, cakes and ready-made meals often contain high levels of saturated fat.

But not all fat is bad. Go for unsaturated fats, like olive or fish oil, in small amounts.

Remember though, although some fat is good, avoid a pile up and eat smaller portions of higher fat foods.

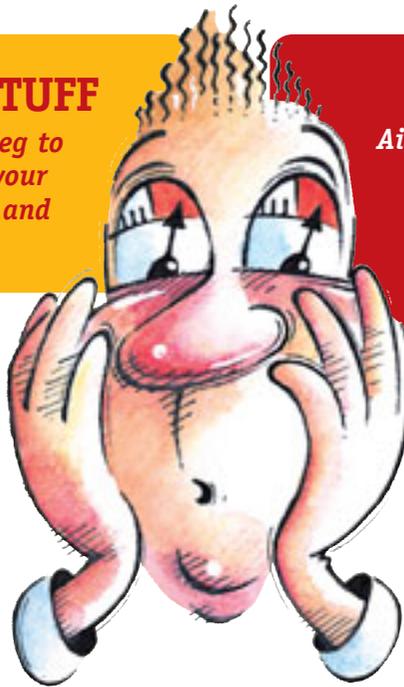
CHECK THE LABEL

Look at food labels and aim for less than 3 grams of fat per 100 grams of food and under 2 grams of saturated fat per 100 grams of food.

**Quality Oil =
Quality Performance!**

NEED AN OIL CHANGE?

Oil is great for lubricating your engine but where alcohol is concerned less is more!! The more pints you down the larger the spare tyre gets! A pint is more fattening than a bag of crisps, one of the most fattening foods you can eat! So try switching to sugar free soft drinks, shandies or low alcohol beer at least some of the time. Even better, try water for maximum results.



CUT DOWN

Aim for no more than 14 standard drinks per week with some alcohol-free days.

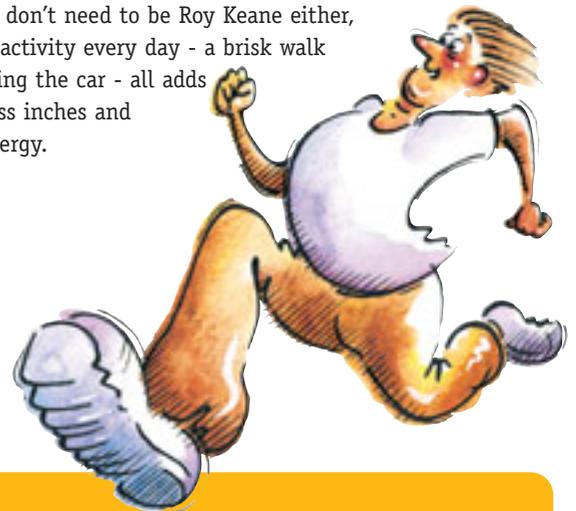
(1 standard drink = 1/2 pint beer; a small glass of wine; 1 pub measure of spirits.)



JUMP START YOUR ENGINE

There's nothing worse than an engine that's been left idle. But when it comes to our bodies most of us barely manage to keep our engine ticking over.

But you don't need to be Roy Keane either, a bit of activity every day - a brisk walk or washing the car - all adds up to less inches and more energy.



GET ON THE ROAD

Be active for 30 minutes a day - anything that makes the heart beat a little faster or brings a little sweat to your brow. It needn't all be in one session - it can be done in chunks of 10 minutes or more.

Further information

For further information about prevention, early detection or cancer in general, call our Helpline: **Freefone 1800 200 700**, weekdays 9am-5pm (Tuesdays 'til 9pm) or e-mail: helpline@irishcancer.ie for confidential advice from our health professionals.

If you are a smoker and would like help quitting, call the National Smokers' Quitline on **Callsave 1850 201 203**.



MAC (Men Against Cancer), established with the support of the Irish Cancer Society, is a support group that provides information, advice and support to men who have had a recent diagnosis of prostate or testicular cancer. Contact MAC through the Irish Cancer Society's Helpline **Freefone: 1800 200 700**



Irish Cancer Society

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www.cancer.ie

The Irish Cancer Society is the national charity for cancer care. Funded entirely by donations from the public, its work is dedicated to eliminating cancer as a major health problem and improving the lives of those living with cancer, through patient care, research and education.

