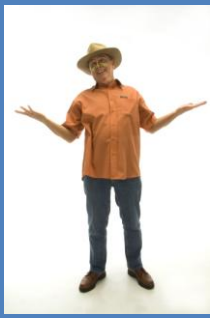


NEWSLETTER # 1 - JANUARY 2010



FELLOW MEHN

Welcome! Good to see some people are taking advantage of the resource we have been working tirelessly on for the last 6 months! Being an internet resource people won't know it exists unless we tell them so help us spread the word and build the MEHN community.

BAZAR MEHN FACTS

MEHN is actually Mexican for man. We discovered this after the name and acronym were decided on. The eastern states south of the boarder should fit in just fine.

QUOTE OF THE MONTH

"Beware of just doing maintenance work when you have a big project to finish. There is enormous satisfaction to be had if you can be self-determined enough to say "no" to the easy task and jump straight into the big task."

Robyn Pearce, author of *Getting a Grip on Time*, on the virtue of delivering on time.

Attention all men!,

Become an important part of something great. Help to develop a new culture, where men speak up about their health concerns and actively seek to improve their health through lifestyle changes. MEHN community is a great opportunity to break out of your comfort zone and meet some new people in metropolitan, regional, rural and remote Australia. You will be able to extend support to your new found mates and they will hopefully return the favour. There is no need to bottle things up, get things off your chest that have been bothering you for days, weeks, months or even years. Along the way pick up some tips on how to potentially improve the quality and length of your life! Even though the responses may not be in real time as you read them they will come 'alive' and inspire you to 'Take Charge of Life'. Your relationship between your MEHN comrades will become stronger with every time you log on.

[REGISTER](#) on the MEHN community to get started...

Have a look at the posted topics and find one or a few of common interest and get started posting! If there is a new topic that you would like to find out more about then feel free to create a new post. Then just wait and see what MEHN come to the table.



www.mehn.org.au

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DID YOU KNOW?

1 Meatosaurus deep pan pizza (8 slices) equates to 7,616 kilojoules, 70.4g of fat which of 30.4g is saturated fat! And just to help spike up your cholesterol levels if they aren't high already 4,688mg of sodium (salt). Not to mention the lack of dietary fibre.

This pizza does not look good when put next to the recommended [daily intake levels](#) for an 'average adult'!

Kilojoules: 8,700 kJ's

Fat: 70 g

Saturated Fat: 24 g

Sodium: 2,300 mg

Dietary Fibre: 30 g

(www.mydailyintake.net)

Maybe next time go for a [homemade pizza](#) or at least thin and crispy and watch the intake!

You can approximately calculate your kilojoule needs per day specific to your age, gender and activity levels with the [Daily Intake Calculator](#).

Well it's another new year. They come and go so fast! At the start of every year we make new resolutions for a bigger and better year than the last. So often, we lose track or forget these goals and don't actually achieve them. Other common mistakes are not making your goals specific, measurable, achievable and time bound so at the end of the year there is no clear way of knowing if you achieved them to your full desire.

To help you get your goals on track for 2010 use the

[MEHN GOAL SETTING TEMPLATE](#)

It is very important to put your goals in writing and some where you can regularly see them i.e. on the fridge, to keep on reminding you of what you plan to achieve in 2010. We recommend you write out your goals out in SMART format:

Specific – You have to put down what it is exactly you want

Measurable – If you can't measure it you can't manage it

Achievable – It has to be realistic

Reward – Something to keep you motivated

Timely – You need a date to focus on

You also need to write down **strategies** to help you achieve your goals, because if you fail to plan you plan to fail! Have a look at the [MEHN Daily Checklist](#) to see if it complements your goals for 2010. Otherwise you can make your own easily enough. Good Luck!

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