

SHE'LL BE RIGHT MATE...

Or will she??

As I am writing this it is June 13, 2010 the day before the beginning of Men's Health Week in Australia. This week is all about us men, so if you are a man or you know any men that you care about then this is an important article. In all my years as a man and the many in the health & wellbeing industry, the thing I see that has the most devastating impact on men's health is an attitude. It is the attitude of 'she'll be right mate'. Hear this and hear this well – SHE WON'T BE RIGHT MATE!!! It is this attitude that is the cause of so much male death and disease yet one that can be so easily changed in an instant!



The first step

Let's start with a funny story. It was about ten years ago and I was personal training at the time. I was training one of my male clients who was in his early 50's. This is a man who is an exception to the 'she'll be right mate' rule. He is very conscious about his wellbeing; he eats well, exercises regularly and gets regular check ups. On this particular day he was telling me that he had just been to the Men's Clinic at the Freemasons Hospital in Melbourne for a comprehensive medical check up. He told me all about it and it sounded like a really good idea.

I was in my mid 30's at the time and had never had a proper check up. Why? Because I clearly thought; 'she'll be right mate!' So consequently I made the decision to make an appointment to ensure I was as healthy as I thought I was. But as I was about to ring I forgot which hospital the clinic was at. I concentrated hard and came up with the hospital that I thought it was and phoned to make an appointment. The day came and I was a bit nervous as I sat in waiting room at the Epworth Hospital Men's Clinic. It was surprisingly quiet for a Monday Morning and even with no-one else around I had to wait 30 minutes to be seen.

Finally I was called and went into this dingy little office, with this dodgy looking doctor. I was worried immediately! He started asking a couple of weird questions and then within about a minute he hit me with the big one; 'So, how long have you been experiencing erection problems?' Immediately I got up, excused myself, paid the \$100 consulting fee and got out of there as quickly as I could!

On my way home I rang my client who recommended this clinic to me and told him that I didn't find his joke very funny! He asked what I was talking about. When I explained what had happened, he started laughing uncontrollably. After a few minutes when he had finally settled down he said; 'I said the Freemasons Hospital, **not** the Epworth!!'

Get yourself checked



We both laughed and I finally got myself booked into the Freemasons Men's Clinic and had a much better experience. That was of course until the doctor told me to lie on my back, pull my pants down and bring my knees to my chest. As he was giving me these instructions I could here the sound of stretching rubber and could smell lubricant!!

Before I knew it my prostate had been checked, I was given the all clear and I left feeling squeaky clean!! The most important thing I got from this check up was peace of mind.

Now is the time to get a check up, irrespective of the potential outcome. We can only improve our situation and move forward when we know where we currently are. Yes it is scary and yes it is much easier, in the short term, to put our heads in the sand and have the attitude of 'she'll be right mate'. What about the long term cost?

Think about the simple decisions

The 'she'll be right mate' attitude will blind men to the impact that their simple daily decisions are having on their long term wellbeing. I have spoken about the fact that where we end up in our lives will be determined by the small, seemingly insignificant decisions we are faced with every day. The risk is that they may not seem like they are all that important. I mean is it really that big of a deal if I skip breakfast, drink that extra stubby of beer, work late and miss my child's performance or not go for a walk today? The answer is 'NO', not today or even tomorrow, but as these habits are developed over time and at some point in the future, if left unchecked, they will lead to disease, divorce or unhappiness. Make no mistake about it!

The great news is that if simple thoughtless decisions can lead to disease, death and unhappiness then simple deliberate decisions can surely lead to health, happiness and prosperity. It is now time to get excited! **If you are a man hear this well** – Think very carefully about every decision you make and ask yourself; is it putting you on a path that will lead you to where you want to be or not?



Why men should never be depressed

Depression in men can be quite a common thing. Here are some things that may help us men feel better about our circumstances:

- Our last name stays ours!
- The garage is all ours!
- Wedding plans take care of themselves!
- We can never get pregnant!
- We can wear a white t-shirt to a water park!
- We can wear NO t-shirt to a water park!
- Phone conversations are over in 30 seconds flat!
- 'Yes' and 'no' are acceptable answers for us!
- We get extra credit for the slightest act of thoughtfulness!
- Underwear is \$8.95 for a three pack!
- Three pairs of shoes are more than enough!
- We are unable to see wrinkles in clothes!
- We can play with toys our whole life!
- We can wear shorts no matter how good our legs look!
- We can do Christmas shopping for 25 relatives at 5pm on December 24 in 25 minutes!

Attention MEN – do it NOW!

If you are a male and have got this far in this article then I say congratulations to you. You are either already making deliberate decisions to create ongoing wellbeing or you are ready to start. In either case well done, because you are the exception – you may not be aware but we have already lost a number of men along the way who have said 'this article is rubbish, he obviously doesn't understand me, I will be okay – she'll be right mate!' All I can say is good luck to them, I hope they are right. But I say well done to you for taking control of your wellbeing and your future.



All you need to do now is, as I suggested before, just get good at deciding whether the decisions you are making each day are leading you to where you want to be or not. AND I would strongly recommend taking advantage of all the events, initiatives and activities that are available to you this week during **Men's Health Week**. Enjoy the amazing benefits of positive action and great wellbeing.