



Numbers every guy needs

Taking care of your health isn't a task to delegate to your partner. It's about taking the lead. Real strength means owning your data so you can stay in the game for the long haul.



Proactive Steps

- View health screenings as essential "system checks"—much like an oil change or a brake inspection. Addressing issues early keeps the engine running; ignoring them leads to a breakdown.
- Schedule appointments and own the process. Being the leader of your health sets the standard for everyone else in your house.
- Find a friend, brother, or colleague to check in with. Sharing goals and progress with someone who has your back makes it harder to skip out and keeps you both sharp.
- Understand your numbers so you can have an informed conversation with your doctor.
- Women: Encourage and support the men in your life to get regular health screenings and to see a doctor when something feels "off."