



Men's Health Week
2015

Primary Colour Palette



Secondary Colour Palette



Men'sHealthWeek
2015

UNIVERS

Univers is the official typeface of the Mens Health Forum Ireland Brand. Univers is a sans-serif typeface recognized for its design simplicity, clarity and legibility. Those characteristics, represent the Brand's design style. Univers works well when combined with other typefaces, and it may be used in upper and lower case as body text, or all upper case as a display typeface. The recommended type alignment for all print communication is flush left or justified. For optimum readability, the recommended typographic treatment for body text is black against a white background.

Univers Medium

abcdefghijklmnopqrstuvxyz
1234567890

Univers CE 45 Light

**abcdefghijklmnopqrstuvxyz
1234567890**

Back in 5

Go back and forth... give up the Pops!

WASH YOUR HANDS
WASH YOUR HANDS
WASH YOUR HANDS

MerriHealthWays



For Coughs and Sneezes, get off the ground!

WASH YOUR HANDS
WASH YOUR HANDS
WASH YOUR HANDS

MerriHealthWays



Should you've ever just given a pain and get it done.

WASH YOUR HANDS
WASH YOUR HANDS
WASH YOUR HANDS

MerriHealthWays



Reduce on these public places, justing

WASH YOUR HANDS
WASH YOUR HANDS
WASH YOUR HANDS

MerriHealthWays



Lower 2nd, 3rd, 4th, and 5th floors for hand washing.

WASH YOUR HANDS
WASH YOUR HANDS
WASH YOUR HANDS

MerriHealthWays







Reasons why you should give up smoking today

challenge a friend
to give up with you



Within 20 minutes of
quitting, your
heart rate and blood
pressure will
go down.



Within 3 days, all the
sore throat and
cough will be gone.



Within 5 weeks a
serious smoker
reduces their daily
tar and nicotine
intake by 80%.

80%

Within 10 weeks you
will have reduced your
tar and nicotine intake
by 80%.

5yrs

Within 5 years the risk
of serious heart
disease will be greatly
reduced.

30%

Within 1 or 2 weeks
of quitting your lung
cancer risk is reduced
by up to 30%.

1/2

Within 7 years the
risk of heart
disease is halved.
If you quit now,
you will halve the
risk of heart disease.



Every 6-8 weeks
your body will
begin to heal itself.
In 1 year you will
be 100% healed.

1/2

Within 2 weeks you
will be able to
enjoy your life
without nicotine.



Protein comes from animal or vegetable sources. Plant sources include beans, lentils, soybeans and nuts. It's a good source of iron.



For most people, the best way to get enough protein is to eat a variety of foods. If you're vegetarian, you may need to eat more protein-rich foods.



For everyone, it's important to eat a healthy diet that includes protein. It's also important to get enough protein.



Water helps keep your body hydrated. It's important to drink enough water every day. If you're active, you may need to drink more water.



Stress can affect your health. It's important to find ways to manage stress. Exercise, meditation, and talking to a friend can help.



Good carbs are important for your health. They provide energy and help your body function. Whole grains, fruits, and vegetables are good sources.



Getting enough sleep is important for your health. It helps your body recover and stay healthy. Aim for 7-9 hours of sleep each night.



A diet high in sugar can lead to health problems. It's important to limit sugary foods and drinks. Instead, choose whole grains and fruits.



Bad carbs are high in sugar and fat. They can lead to weight gain and health problems. Examples include sugary snacks, fast food, and alcohol.

Reasons why you should watch what you eat

Challenge: Try some new recipes. Before you eat, think about what you're eating.

Reasons why you should take up exercising today

Challenge Start at
least one exercise day
in every week of your
life



Based on WHO, the
world's average life span
is around 72.4 years. 20
European countries
improved in 5 years.



Among 100,000
people, 10% have
mental health issues.



It's important that you
get checked up
regularly. You
shouldn't wait until
you're 65 years old.



Stress and anxiety
affect your work
and your life. You
shouldn't wait until
you're 65.



Exercise helps you
get checked up
regularly. You
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you're 65.



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#CheckYoSelf



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