

# THESE ARE CHALLENGING TIMES. IT'S NO JOKE. LET'S TALK MEN'S HEALTH WEEK

It took ages to quit smoking by using the patch - and it cost me a small fortune. In the end, it took twenty of them to cover my mouth.

I'm glad that I started that new keep fit programme yesterday. I reckon I'm doing well - I've only missed one day so far.



Monday 13th - Sunday 19th June 2011  
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