



The

# HUSKIE HERALD

*A weekly newsletter to help keep you entertained and healthy while self-isolating*



## *WHAT IS MOVEMBER?*

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. The Movember Foundation runs the Movember charity event, housed at [Movember.com](http://Movember.com). The goal of Movember is to change the face of men's health. Movember fundraisers are a global community of fired up Mo Bros and Mo Sisters – aka rock stars making a difference.

**MOVEMBER®  
FOUNDATION**

## WHY IS IT IMPORTANT?

On average, 64 Canadians will be diagnosed with prostate cancer every day and on average, 11 Canadians will die from prostate cancer every day. Men are in crisis; they are dying by suicide in huge numbers but the general public remains largely unaware of the disturbing statistics. Men die by suicide in numbers almost four times that of women. Two Student Life Team members are fundraising for this year's campaign, Dalton van der Nest (Coordinator, Student Life for A&W, GH), and Andres Barrera Patlan (Coordinator, Student Life for VP). They will be growing out their moustaches all month, as well as, each running/walking 60km in 30 days.

# NO SHAVE NOVEMBER



## TAKE CARE OF YOUR HEALTH

Try following these 10 guidelines to take care of your health.

1. Kick Your Bad Habits
2. Get Your Checkups
3. Have a Good Sleep
4. Exercise Is Key
5. Eat a Healthy Diet
6. Eat Breakfast Each Day
7. Drink It Up
8. Reduce Your Stress
9. Don't Bottle It Up
10. Focus on Consistency and Moderation



### Ready Reads

*The Call of the Wild*

By Jack London

### Shameless Showtime

*Healthier men,  
one moustache  
at a time*

with Adam  
Garone

(<https://www.youtube.com/watch?v=yQvbKFEKLM1>)

*Down to Earth*

with Zac Efron

*November is  
observed in 20  
different countries*

Thoughtful Thinking

Fun of the week  
<https://www.youtube.com/watch?v=09VASK>