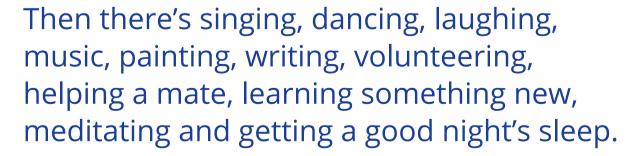




Running helps. So does any sort of exercise.

HEALTH WEEK



But one thing helps more than anything.



LET'S TALK menshealthforum.org.uk