

# **WORLD CUP SURVIVAL GUIDE**

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**[menshealthforum.org.uk/worldcup18](https://menshealthforum.org.uk/worldcup18)**



# HIGHLIGHTS SHOW

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- The full Men's Health Forum World Cup Survival Guide is available at:  
[menshealthforum.org.uk](http://menshealthforum.org.uk)
- Please take home a printed copy or download it today
- This is the highlights package (sorry, Gary Lineker wasn't available to present it)



# GET OFF THE BENCH

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- Unless you're the substitute goal keeper (or a blanket) warming the bench is not good for you
- Long periods of physical inactivity - such as watching 3 World Cup games on the spin can increase your risk of heart disease, diabetes, cancer and obesity.
- So during half time and at full time get off the bench & go for a walk.



# FOOD BEFORE DRINK

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- Choose food with a clear head (this reduces the risk of you ordering the double deep-fried fat ball with cream and sugar).
- Think about your food choices. Diabetes Mellitus isn't a Colombian midfielder but a disease that is currently on the rise especially among men.
- One man in 10 now has diabetes



# PIZZA

- Italy didn't even qualify for the World Cup. Do you need any further evidence that too much pizza is not a good thing?
- If you can't resist, opt for veggie toppings.
- Try a pizza without cheese and drop the garlic bread - pick Bruschetta instead. (That's toasted ciabatta with tomatoes and herbs not Italy's left back.)



**Tasty Bruschetta -  
Italy's underrated  
left-back**

# KEBAB

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- **Former Euro champions Greece have also failed to qualify for the World Cup. Can you see where this is going?**
- **But, if the urge is too strong, choose shish kebab (the skewered meat) instead of doner (the reconstituted stuff) with brown pitta and salad.**



# BURGERS

- **Burgers are like a manager's final instructions to the team – best kept simple.**
- **Have a grilled burger with salad, tomato and a little relish in a wholemeal bun. Avoid creamy dressings, cheese, bacon and anything battered or breaded.**
- **Try the healthy Portuguese option: thinly sliced beef or pork marinated as long as possible in white pepper, white wine and garlic. Pan fry for a minute or two. Two slices of bread. Cristiano Ronaldo won't eat anything else after a long hard 90 minutes moaning at less talented team-mates.**



# PACE YOURSELF

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- Don't drink on an empty stomach
- Have the odd soft drink or - better still - a glass of water
- Generally, the clearer the liquid the less of a hangover
- Drink water before bed and in the morning
- Give your liver a few days off (least 48 hours)
- Don't drive – plan how you are getting home
- Don't mix drinks (this includes so called energy drinks)
- The NHS advise you not to drink more than 14 units of alcohol a week.





# GET SOME SLEEP

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- **Sitting in front of a screen all day can make it difficult to sleep later on. Loss of sleep - even a few hours for a few days - affects mood and judgement.**
- **A short nap can improve your mood enormously (someone could mention it to Mark Lawrenson) and give you a boost without affecting your night's sleep. (It can also help your memory.)**
- **Nap for 20-30 minutes - much like the England back-four (or back-three)**



# DEALING WITH DEFEAT

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Some tips to beat depression if and when your team gets knocked out:

- take some exercise
- singing boosts mood ('always look on the bright side of life' perhaps.)
- do something you enjoy (eg. watch cricket or tennis)
- do something different (eg. fill in wall chart with different colour pen)
- be mindful - enjoy the emotions of the journey, let defeat flood over you like an English summer downpour, knowing with each moment you are feeling better and will continue to feel better until Euro 2020.
- talk about it with a mate - the best tip for dealing with any problem
- look forward to the next game



# HEALTHY ODDS

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- Brazil are World Cup favourites at 9-2.
- Those odds are LONGER than the odds on the average man dying before he's 65. (One UK male in five dies before he's 65 which is odds of 4-1.)
- Argentina are 9-1 for the World Cup.
- Those are the same odds as the average UK male getting diabetes.
- Argentina have Messi and Aguero.
- That's why we need to take diabetes seriously

