



Ikäinstituutti

The Playing Fields of Men's Health - An Internet Tool for Men

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Background

- Men's health and multidimensional functional capacity – or the lack of them – have both positive and negative influences for individuals, communities, societies and for the whole culture.
- The starting point in *The Playing Fields of Men's Health* is in a man's own experiences and his own interpretations out of his health and functional capacities.
- *The Playing Fields of Men's Health* is meant for a man who wants to do something to his (non)healthy life style, but it is useful also for those men who are just starting to think about their health and their lifestyle.
- *The Playing Fields of Men's Health* helps a man to think, act and change his lifestyle.

The Playing Fields of Men's Health

– a short introduction

- *The Playing Fields of Men's Health* consists of exercises that help a man to understand himself and his life style choices which increase or decrease his health and functional capacity.
- *The Playing Fields of Men's Health* is not a normal guide for healthy behavior. It won't tell what a man should do. There is a strong trust that a man can make his own choices after he has used this internet tool.
- Every man uses *The Playing Fields of Men's Health* in his own personal way. The man himself decides what to do with his life – *The Playing Fields of Men's Health* only helps him to make good choices.

The Playing Fields of Men's Health

Contents:

1. Playing Field: A man's own health experiences and his own interpretations of them.
2. Playing Field: A man's different role expectations and possibilities and the role of health in man's everyday life.
3. Playing Field: A man's health and different masculinities in increasing or decreasing healthy lifestyle choices.
4. Playing Field: A man's multidimensional functional capacities and different capitals (social, economic, cultural) and his healthy lifestyle.
5. Playing Field: A man's potentiality to make changes in his lifestyle and the meaning of agency.
6. Playing Field: A man as the expert writer in his own life history.

Two examples

- *The Playing Fields of Men's Health* consists exercises or tasks that a man can do to understand better his possibilities to increase his healthy activities in his everyday life.
- Next there are two tables that a man can use to understand and see in reality how different role expectations and possibilities influence to his everyday life.

Evaluation of your roles and everyday life

<i>Roles/meaning and used time</i>	Bachelor-Man	Partner-Man	Work-Man	Father-Man
<i>Meaning of roles (1...5)</i>				
<i>Used time (min/day)</i>				
<i>Used time (hours/week)</i>				
<i>Healthy time (min/week)</i>				
<i>Meaning of Health (1...5)</i>				

Possibilities for healthy choices

<i>Roles/healthy choices</i>	Bachelor-Man	Partner-Man	Work-Man	Father-Man
<i>Things that promote health (now)</i>				
<i>Used time (min/week)</i>				
<i>Other things that promote health (in the future)</i>				
<i>Extra time needed (min/week)</i>				