

NATIONAL MEN'S HEALTH WEEK ACTIVITIES

JUNE 15 – 21, 2026

1. Make an appointment

One of the best ways to celebrate Men's Health Week is to make an appointment you've been putting off! Have a mole you need looked at, or an elbow injury that keeps flaring up? Feel like your digestion has been off or maybe it's just time for you to schedule a test? Use Men's Health Week as an excuse to make a call and get that appointment on the calendar.

2. Head to the gym

Use Men's Health Week to get yourself moving! Go to the gym, take a long walk, swim some laps, or take a bike ride. Your body will thank you, and just maybe it'll be the start of a weekly ritual.

3. Wear a blue ribbon

The blue ribbon is the symbol for Men's Health, and wearing one this week will show your commitment to the cause. It also does double duty as a conversation starter, helping you spread the good news about Men's Health Week to anyone curious enough to ask!

WHY IS NATIONAL MEN'S HEALTH WEEK IMPORTANT?

1. Men are Important

We all have fathers, brothers, sons, grandfathers, and friends that are men! Some of us are even men ourselves! We want the men in our life to be healthy, happy, and with us for a long time, and encouraging them to take care of themselves is a big part of that. Men's Health Week helps us talk to the men in our life about their health!

2. Health is hard

Especially in America, many men are encouraged to be macho and invincible, and oftentimes that means they ignore symptoms and put off doctor appointments because "they're fine." Men's Health Week is all about peer pressure in the other direction!

3. An excuse to follow your bliss

It can be hard to find time to do the things we love to do, but Men's Health Week is a good reminder that health is also about happiness. Take a hike, go on a walk, play a round of golf, read a book, take a nap. Do what relaxes you! It's all healthy.

Get more information at [National Today](#)