

When he first got out of cricket, Merv Hughes wasn't too interested in doing anything – he thought he'd done it all. But, he says, "life after cricket has turned out to be exceptional!"



PHOTO: COURTESY ANDROLOGY AUSTRALIA

I've got a beautiful wife, three lovely kids and I'm still involved with cricket as a selector and with supporter tours. But doing the *Celebrity Overhaul* TV show is what really changed my life. Now I'm an ambassador for men's health, a bit different to what I'd thought about doing – beer and pie ads!

When I was asked to go on the show I thought, I'm travelling all right, but I found out very quickly that I wasn't. I used to get annoyed because I'd hear the same things all the time: "Mate, you're OK for your age but you could do with losing a bit of weight. Your cholesterol is a bit high but it's not too bad". I was playing social games of cricket but I wasn't enjoying it. Now I enjoy a game more because I know I can get through it and not be sore for four or five days after.

If you'd told me that at the age of 42 I'd meet someone who was going to dramatically change my life, I would have said you're kidding. But that's what Dr John from the *Overhaul* show did. It was a fantastic experience.

With a diet or fitness campaign, and it's the same with anything, the hardest thing is to make a start – and to last through the first day. Everyone says, "I'll go to the gym today, oh I'll go tomorrow, oh I'll start next week". And it's the same with going to the doctor.

Guys are just stubborn. It's the Australian macho image: if you talk to your wife or doctor, you're a wimp. And, if the next time you have a few beers in the pub you talk to a mate, then suddenly everyone knows about

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your problem. But times have changed: if you don't want to talk to your GP, now you can just jump on the Andrology Australia website.

A lot of people don't know what andrology is, and I admit I didn't know either. It's gynaecology for men, the reproductive system. And not just prostate cancer, there's urinary tract problems and other issues. For example, in a room 50 per cent full of men, 75 per cent of them might be over 40 and one in five of those has probably

got erectile dysfunction. Some blokes over 40 lose their sex drive. Why? It could be that they need to be a little bit fitter, change their diet and get that 'humma de hum' back in their life!

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But I'm just trying to get people thinking and talking about it. Men have to ask themselves, when's the last time they had a physical? If it's not within the last 12 months, well, go and have one. It's better to know where you stand and to get the facts.

If things aren't good, you think "I'll put up with it". But how much better can they be? From where I was years ago to where I am now, I can only say it's just great to be healthier. [YL](#)

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Andrology Australia is a community and professional education organisation providing information on male reproductive health.
Ph 1300 303 878
Web www.andrologyaustralia.org