



# MEDIA RELEASE

Tuesday, 13 March 2018

## Be aware of the *Risks of Physical Inactivity* this month and take steps to move more!

Physical inactivity is the fourth leading risk factor for global mortality, causing an estimated 6% of deaths globally, and Exercise & Sports Science Australia (ESSA) is continuing to raise awareness of the risks that being physically inactive have on a person's health.

"We know that regular, moderate-intensity physical activity has many significant health benefits yet the physical activity levels of Australians are less than the recommended level, with almost 45% being classed as sedentary or having low physical activity levels, according to the National Health Survey 2014-15," said Anita Hobson-Powell, Exercise & Sports Science Australia (ESSA) Chief Executive Officer.

This month, *Get Moving in March*, ESSA's Physical Inactivity Awareness campaign delivered digitally through Exercise Right, will see statistics shared throughout March as well as 'can-do-anywhere' exercises to encourage all Australians to move more.

"We know physical activity is paramount in preventing chronic disease and managing the symptoms of many chronic conditions, but with those working in full time jobs spending an average of 6.3 hours a day sitting at work, and many more hours of screen time spent sedentary at home, it's imperative to implement more physical activity into our daily lives," added Accredited Exercise Physiologist, Carly Ryan.

"There are many perceived barriers to being physically active, but exercise doesn't have to cost money, require fancy equipment, or take place in a gym setting," continues Ms. Ryan.

*Get Moving in March* hopes to raise awareness of the negative effects being sedentary can have and inspire Australians to take steps to implement more physical activity into their daily lives.

Tips to implement more physical activity in your daily life:

- Make time each day to be active, just as you make time to watch your favourite TV show.
- Take regular breaks at work (especially if you are seated most of the day) to walk around. Set an alarm to remind you to take regular breaks if you must!
- Walk and talk. Whether it's about work or a social chat, have your conversation on the move!

As always, exercise should be conducted under the guidance of an exercise professional, especially if you have any health concerns, chronic conditions or are new to physical activity. Find and contact your local Accredited Exercise Physiologist here.

### For more information:

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## **About Exercise Right**

Exercise Right is the public awareness vehicle of Exercise & Sports Science Australia (ESSA). Exercise Right aims to inspire and educate all Australians to be healthier and more active. Exercise Right is expertly compiled by professionals and thought leaders in the field, making it a trusted source of information amongst consumers. [www.exerciseright.com.au](http://www.exerciseright.com.au)

## **About Exercise & Sports Science Australia (ESSA) and its members**

Exercise & Sports Science Australia (ESSA) is the peak professional body for exercise and sports science in Australia, ESSA provides national leadership and advocacy on key issues and supports its members and the community through fostering excellence in professional practice, education and training, and research. [www.essa.org.au](http://www.essa.org.au)