



MEDIA RELEASE

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Encourage the men in your life to move this Men's Health Week

June 11 – 17 marks '[Men's Health Week](#)' – a week for communities across Australia to promote the benefits of a healthy body and healthy mind in men and boys – and Exercise & Sports Science Australia (ESSA) is encouraging Australians to inspire the men in their lives to move more.

"The health status of males is generally poorer than that of females. More males have accidents, die at every life stage and suffer from lifestyle-related health conditions than females of the same age. Figures from the Australian Bureau of Statistics state that the standardised death rate of males was 50% higher than for women," says ESSA Chief Executive Office, Anita Hobson-Powell.

This year Men's Health Week focuses on 'Making Healthy Connections', and ESSA wishes to inspire all Australians to motivate the men in their lives to include more physical activity into their daily schedules.

With family and work life becoming more demanding, and the perceived pressure from society of maintaining masculinity, exercise can drop low on the list of priorities. However, as per the Australian Institute of Health and Welfare statistics, only an alarming two in five men are getting enough exercise.

"An active lifestyle is the most powerful way for a man to remain healthy, so that everything they have worked hard for can be enjoyed for longer. We know that regular exercise is one of the most effective ways to reduce and manage many chronic conditions and improve mental health, and that's what makes it so vital for a healthy body and a healthy mind," explains Accredited Exercise Physiologist, Daniel Berkelmans.

There are a range of health professionals available in Australia that men and boys can speak to about keeping their body and mind healthy. If you're needing a hand with maintaining an active lifestyle, speak with an Accredited Exercise Scientist or Accredited Exercise Physiologist on how to get started with an exercise plan.

Simple ways to encourage the men in your life to move more:

- Combine physical activity with date day! Go for a walk or a hike for example.
- Make physical activity social and see what local sports teams are recruiting in your area.
- Active family time! Play a game of footy or cricket in the garden with the kids.
- Encourage him to walk to the shops or to his mate's place around the corner instead of driving.

You can find your local Accredited Exercise Scientist or 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

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