



MEDIA RELEASE

Thursday, 5 April 2018

Engage an exercise expert to make your health a priority this World Health Day

The World Health Organisation (WHO) celebrates the 70th anniversary of World Health Day on the 7th April, and Exercise & Sports Science Australia (ESSA) wants to remind Australians of the benefits that exercise can have to their health.

“ESSA wants to encourage all Australians to seek the right exercise expert for their health requirements, especially if they are living with a chronic condition, or have any concerns about implementing more physical activity into their lives,” says Anita Hobson-Powell, ESSA Chief Executive Officer.

This year, the focus is the message that no one should have to sacrifice their health due to financial hardship.

“According to data from the Australian Institute of Health and Welfare, more than 50% of Australians reported having at least 1 of 8 chronic conditions. Many of these we know can be prevented or managed with exercise,” continues Anita.

“It is important however, that if you are living with a chronic condition, you exercise under the guidance of an appropriately qualified professional to ensure you are exercising safely as all conditions come with different considerations.”

An Accredited Exercise Physiologist (AEP) holds a four-year equivalent university degree and specialises in exercise and movement for the prevention and management of chronic conditions and injuries.

“The cost of exercise physiology services varies, however the right accredited exercise professional has the ultimate aim to provide you with the skills to self-manage your health and well-being. A short-term cost can lead to long term savings and ultimately enhance your quality of life.”

World Health Day is also a timely reminder that if you don't have any specific health concerns but want to get more active, exercise doesn't have to cost money!

Exercise Right's top tips to get active without breaking the bank:

- **Use your body** – any time, any place, your body is your number one piece of workout equipment that you can train every muscle group with! It is still important to ensure you are performing body weight exercises correctly to minimise risk of injury.
- **Use the 'equipment' around you** – a park bench, the stairs, the winding hilly roads – these things can be used in your workout routine to ramp up the intensity and incorporate new moves (tricep dips, step ups, hill walks and jogs).
- **Outdoor workout stations** – check out your council website for a list of local parks that have free outdoor workout equipment.



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- **Community activities** – join your suburbs' Facebook page, or have a look online to see what physical activities are going on in your area. A lot of suburbs have walking groups, free Pilates in the park, etc.

To find your local Accredited Exercise Physiologist, [click here](#). Subsidies for seeing an Accredited Exercise Physiologist will vary depending on individual circumstances. For further information check with your GP or Private Health Insurer.

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