



MEDIA RELEASE

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Movement is key for men's health this Movember

November brings with it the return of the moustache! "**Movember**" sees Australians band together to raise funds and awareness for men's health issues such as prostate cancer and mental illness. The sad reality is that Australian men have a life expectancy of approximately four years less than their female counterparts, and have a higher mortality rate from most leading causes of death.

With the Movember Foundation encouraging all Australians to **#MoveIt** and commit to walking or running 60 kilometres over the month (60 kilometres for the 60 men we lose to suicide each hour), Exercise & Sports Science Australia (ESSA) is supporting this initiative by reminding the nation of the importance of exercise for our physical and mental health.

"Despite the mounting evidence surrounding the positive impact of exercise on both our physical and mental health, Aussie men just aren't moving enough. More than half (51%) of Australian males don't get the recommended levels of physical activity each week," explains Accredited Exercise Physiologist, Daniel Berkelmans.

"Physical activity decreases the risk of developing chronic conditions, such as heart disease, which accounts for 13% of all deaths in Australian men – the leading cause of death. It also decreases the risk of, and helps to manage, poor mental health conditions."

According to the Australian Institute of Health and Welfare, 7 out of 10 Australian men are overweight or obese. Research has shown that obesity is a major risk factor for chronic conditions such as heart disease, hypertension, type 2 diabetes, musculoskeletal disorders, and impaired psychosocial functioning.

When it comes to mental health, Aussie men aren't fairing any better. One in seven Australian men experiences depression or anxiety (or both) in any given year, and approximately half will experience a mental illness over their lifetime. Suicide is the leading cause of death for males aged 15 – 44, and men are three times more likely to take their own life than women.

"An active lifestyle is the most powerful way for a man to remain healthy. We know that regular exercise is one of the most effective ways to reduce and manage many chronic conditions, such as obesity and heart disease, and improve mental health, and that's what makes it so vital for a healthy body and a healthy mind," adds Daniel.

"Movember's #MoveIt campaign supports all Australian men, and all those who care for them, to go the distance and stop men dying too young. It's encouraging men to 'make man time' and have open conversations about their health. Physical activity can be a great way to 'break the ice' and start those conversations."

The Department of Health recommends that adults accumulate a minimum of 150 moderate to vigorous physical activity every week, including at least two strength sessions. However, the exercise experts, such as Accredited Exercise Physiologists, will tell you that doing something is better than doing nothing at all – every little bit of active moment counts!



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“Whether you’re raising money for the campaign or just raising your own heartbeat, use Movember as a chance to hit the pavement, or gym, or local swimming pool to engage in some physical activity that will benefit both your physical and mental health.”

Exercise Right’s tops tips to get moving this Movember:

- Grab a mate – working out with others increases adherence
- Take the stairs instead of the lift
- Park further away from work
- Take a “walking meeting” to reduce time spent sitting at work
- Join a team – sports are a great way to stay motivated
- Get off the bus/train a couple of stations earlier
- Do what you enjoy! Movement is key, whether you’re working out in a gym or dancing
- Just move – even if it’s just 10 minutes – every little bit counts

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.](#)

To find out more about the Movember #MoveIt campaign, [visit the website.](#)

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