



MEDIA RELEASE

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Keep your heart healthy with physical activity this Heart Week

Considering Heart Week this week, 29th April – 6th May, Exercise & Sports Science Australia (ESSA) is encouraging all Australians to increase their regular physical activity to reduce the prevalence and risk factors for heart disease.

Cardiovascular disease (CVD) is the collective term commonly used to include diseases of the heart and blood vessels such as: coronary heart disease, congenital heart disease, heart failure, cardiomyopathy, stroke, and peripheral vascular disease.

Per the Australian Institute of Health and Welfare, in 2015, 45,392 (29%) of deaths in Australia were attributed to cardiovascular disease (CVD), making CVD the leading cause of death in Australia.

“Being physically active every day can reduce the risk of heart disease by 35%, as well as reduce the risk of related chronic conditions,” said Anita Hobson-Powell, ESSA Chief Executive Officer.

“However, the National Health Survey 2014-15 indicates that almost 30% of 18-64-year olds were insufficiently active (less than the recommended 30 minutes per day) and almost 15% did no physical activity at all,” continued Ms. Hobson-Powell.

The positive effects of physical activity reduce the pressure on the heart in its resting state, which helps alleviate and manage some of the symptoms of heart disease and other chronic conditions.

“Regular, moderate-intensity exercise prescribed by an appropriately qualified exercise expert, such as an Accredited Exercise Physiologist, has a range of positive impacts on the heart especially for those living with CVD, as it helps prevent blood clots and the heart to maintain a normal rhythm by increasing the delivery of blood to the heart,” explained Accredited Exercise Physiologist, Troy Burgess.

Considerations for physical activity if you are living with or at risk of CVD:

- A thorough medical assessment should be conducted by your GP before commencing any exercise.
- You should seek the guidance of an exercise expert such as an Accredited Exercise Physiologist if you are at risk of, or living with, CVD as exercise needs to be prescribed and tailored safely when considering your medical and exercise history.
- Take adequate rest breaks between exercises as required.
- Consider any side effects of medication such as beta blockers and consider carrying angina medicine if appropriate.
- It doesn't have to be “all or nothing”. Some exercise is better than no exercise at all; don't discount that 15-minute brisk walk around the block as not being “worth it”.

It's important to always consult an exercise professional, such as an Accredited Exercise Physiologist, before beginning any new exercise routine if you are living with CVD or any chronic conditions.

For more information on how to exercise right for heart health, visit the Exercise Right website.



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To find your local accredited exercise professional, [click 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