



# MEDIA RELEASE

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## You don't need a gym membership to be active!

According to [new research](#), Aussies are wasting a shocking \$1.8billion per year on gym memberships that they don't use. A recent survey by [Finder](#) found 30% of Australians have a gym membership, but only half are using it regularly, leaving almost [1.5 million](#) of us paying for memberships used less than once a week.

With many people struggling to find the time to go to the gym, Exercise & Sports Science Australia (ESSA) is encouraging Australians to "exercise right" and to look for ways to keep active outside of the gym, that won't see them wasting any more cash!

"Joining a gym can be an excellent motivator, however some people simply don't enjoy training in that environment, and if you don't enjoy something, you just won't stick to it," says Accredited Exercise Scientist, Nardine Presland.

Rather than just giving up on exercise, Nardine recommends trialling different types of exercise until you find something that's right for you that you enjoy.

"Everyone is different, and one size definitely doesn't fit all. If the gym isn't for you, try something else – don't be afraid to mix up your routine!"

The [Department of Health recommends](#) that Australian adults be active on most, if not all, days, accumulating 150 to 300 minutes of moderate to vigorous intensity physical activity each week. We are also advised to do muscle strengthening activities on at least two days each week.

There are plenty of ways to get your recommended daily exercise **without** paying for a gym membership, and the [Exercise Right website](#) offers a wide range of blogs and tips on where to start.

### Exercise Right's top tips to get active without a gym membership:

- **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, hilly roads – these things can be used in your workout routine to ramp up the intensity and incorporate new moves (triceps 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.
- **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.



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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)