



# MEDIA RELEASE

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## Exercising right for women's health: the latest free eBook for Australian women

There are currently over 12 million women living in Australia, making up over 50% of the total population. With the growing research discussing the benefits of exercise on our physical and mental health, it's important that women can easily access factual information on how to exercise right for health conditions that they may encounter in their lifetime.

Today, Exercise & Sports Science Australia (ESSA) launch their latest eBook, '**Exercise & Women's Health**', discussing the benefits of exercise for women's health and seeking advice from the right exercise professionals.

"Women in Australia are undertaking a wide range of roles every day, whether they be teachers, first responders, chefs, mothers, grandmothers, office workers, tradeswomen, and many more. As a busy mum and executive officer, I know first-hand how much of a struggle it can be to put my health first," says ESSA Chief Executive Officer, Anita Hobson-Powell.

"The **Exercise & Women's Health eBook** outlines the wide range of benefits exercise provides for our overall health, with chapter contributions from a range of women who are dedicated to the world of exercise and women's health."

Developed as a fun, user-friendly guide for women of all ages, the eBook covers a variety of conditions and life stages that most women are faced with. From exercising safely for weight loss, breast cancer and PCOS, to even exercising during and post pregnancy and through menopause, the **Exercise & Women's Health eBook** has it covered.

Although 3 in 5 Australian women (58%) rated their own health as excellent or very good, statistics tell us that 1 in 2 Australian women (52%) are still living with a chronic disease. This eBook aims to let all Australian women know, regardless of their health and life status, of the significant benefits exercise can have on their health and well-being.

The eBook also focuses on the need for women to seek advice from the right exercise practitioners, such as Accredited Exercise Physiologists, to provide guidance on how to include physical activity in their lives.

"Whether you're currently living with a condition such as gestational diabetes, or you want to know how exercise can positively affect your menstrual cycle, the eBook offers guidance and tips from Accredited Exercise Physiologists, the exercise experts, who all share the same aim of helping women to become, or remain, active."

To access the free **Exercise & Women's Health eBook**, [click here](#).

For more details on how to contact your local accredited exercise professional, [visit the ESSA website](#).

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**For more information on this release or the eBook:**

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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)