



# MEDIA RELEASE

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## New Year, New You?

### Why you shouldn't give up on your resolution to get active!

Losing weight and exercising regularly are among the most common New Year's resolutions, and so they should be! As a nation, we're becoming more overweight and less active, and it's seriously impacting our health.

Findings released in the 2017-2018 National Health Survey indicated that only 15% of 18-64 year olds meet the physical activity guidelines, and over two thirds (67%) of Australians are overweight or obese. With statistics like that, it comes as no surprise that just under half (47.3%) of all Australians have at least one chronic condition.

"Being inactive has a significant negative impact on our health and well-being. Regular exercise not only helps to manage your weight and fitness, but it also decreases the risk of developing a range of chronic conditions, including cardiovascular disease, type 2 diabetes and some cancers," says Accredited Exercise Physiologist, Nardine Presland.

Despite knowing the benefits of exercise and having great intentions on January 1<sup>st</sup>, many people tend to fall off the wagon in the first few weeks of the year and let their plans to become more active fall by the wayside, with research showing that only 8% of people actually stick to their resolutions.

"It can be hard to maintain motivation once you're back to the daily grind, but making the time to stick to your exercise plan is one of the simplest ways to increase your energy levels, improve your mood and better your health."

#### Tips for sticking to your New Year's resolution:

1. **Set realistic goals** – Start by setting a series of realistic short and long-term goals. Make them achievable and relevant to you.
2. **Start slow** – New to exercise? Start slow! If you go too hard, too fast, you'll lose motivation quickly and increase your risk of injury. Commit to doing some exercise on most days, even if it's just a short work, and then gradually increase the duration and intensity.
3. **Do something you like** – If you hate it, you won't do it. There are lots ways to be active and what works for one person won't work for another. If you hate running, there's no point pounding the pavement. Try swimming, go to a dance class or hit up a Pilates class. Mixing up your routine will help to keep you motivated.
4. **Get help from an expert** – No matter how good your intentions, sometimes we all need a little help. It's important to find the right expert for your needs. If you want to find an



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exercise professional near you, [click here](#) – we've got over 5,000 university-qualified experts, all over Australia, ready to help you get healthier in 2019.

**For more information:**

Suari Price

ESSA Marketing and Communications Coordinator

P: 07 3171 3335

E: [suari.price@essa.org.au](mailto:suari.price@essa.org.au)

**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)