



FOR
ACTIVE
AGEING

EXERCISE RIGHT WEEK 20 - 26 MAY 2019



MEDIA RELEASE

Exercise Right Week 2019: the importance of active ageing

Keeping active is vital as we age, and this week, **Exercise Right** is championing this statement.

Exercise provides a wide range of benefits. With [7 in 10](#) older Aussies overweight or obese, and [1 in 5](#) over 65s experiencing disabilities that severely limits their activity, exercise not only helps to manage weight, but it improves mobility and independence.

It also reduces the risk of falls, as [1 in 3](#) older adults will experience a fall in any given year; and with [87%](#) of over 65s living with 1 of 8 chronic conditions, exercise helps to both prevent and manage chronic disease.

Despite all this, only [17.2%](#) of those aged over 65 are meeting the [physical activity guidelines](#).

So why aren't older Australians exercising?

Research tells us that [44%](#) of older adults say injury or poor health stops them from exercising. Others say they're unsure where to find the right advice to start exercising, whilst some don't know how to simply modify exercise programs to suit their fitness levels and health status.

In light of this, Exercise & Sports Science Australia (ESSA) is this year dedicating its 2019 campaign, **Exercise Right Week**, to educate not only older Australians, but the entire country, that an Accredited Exercise Physiologist (AEP) can help keep you active as you age.

An Accredited Exercise Physiologist specialises in working with those who are living with chronic conditions, illnesses and disabilities to exercise safely in a way that is right for them and their health. Working in a wide variety of locations, from aged care communities to hospitals and private clinics, AEPs provide services that are also claimable with Medicare, DVA and most private health funds.

"An Accredited Exercise Physiologist is a trustworthy part of the health care industry, holding a minimum 4-year university qualification and held to strict accreditation standards. You can be confident that they hold the right skills and knowledge to prescribe and deliver exercise as medicine," noted Anita Hobson-Powell, ESSA Chief Executive Officer.

Exercise Right Week is encouraging all Australians to move more, age better. There's [FREE events](#) being held all around Australia to help older adults learn how to be more active, and [FREE resources](#) available to educate all Aussies, regardless of age, on how to "exercise right" for their needs.

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Hear from inspiring, every day Australians who have changed their life through movement, including 68-year-old Jeanne Belson.

“In just 8 weeks I could notice a difference in my flexibility and my strength. I couldn’t get my own socks on by myself before, but I can do that now. I see exercise as an absolute priority in my life.”

To hear more from Jeanne and others who have improved their health, both physically and mentally, through the aid of an Accredited Exercise Physiologist, [click here](#).

You contact your local Accredited Exercise Physiologist via [the ESSA Search Function](#).

To learn more or get involved in Exercise Right Week, visit www.exerciseright.com.au.

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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.

About Exercise & Sports Science Australia (ESSA)

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.

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