



# MEDIA RELEASE

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## Highlighting the importance of exercise this Men's Health Week

The lifestyles men lead can influence how healthy they are in the short and long term. In fact, 70% of a man's overall health is controlled by his lifestyle choices, as opposed to genetics. Men have a [lower life expectancy than women](#), with Australian men expected to live 79 years on average, compared to 84 years for women.

This Men's Health Week, Exercise Right is highlighting the vital role that movement plays in keeping Aussie blokes healthy.

"Regular physical activity helps to maintain a healthy body weight and reduce the risk of many chronic conditions and injuries," says Accredited Exercise Physiologist, Daniel Berkelmans.

"A high level of cardiorespiratory fitness is one of the best predictors of overall health and well-being."

Despite the benefits, [less than half](#) of men aged 18–64 are sufficiently active, and this drops to [1 in 4](#) for men aged over 65. In addition, 7 in 10 Australian males are overweight or obese, increasing their risk of chronic conditions like diabetes, heart disease and some cancers.

But it isn't just your physical health that benefits from regular exercise. Regular movement is vital for maintaining positive mental health, which is especially important in men. Men take their own lives at four times the rate of women, making up an average of [six out of every eight suicides](#) every single day, and the number of men who die by suicide in Australia is nearly double the national road toll.

On average, [one in eight](#) men will experience depression and [one in five](#) men will experience anxiety at some stage of their lives. However, it's not all bad news with research repeatedly showing that exercise is an incredibly powerful tool for the prevention and management of mental health conditions.

"Being physically active has a positive impact on mood, helps to manage stress and anxiety, and can help to reduce your risk of mental illnesses like depression. In fact, inactive men are [60% more likely to experience depression](#) than those who are active," adds Mr Berkelmans.

"Even a small dose of exercise can have a big impact on your mental health. In fact, research shows that [just one hour a week](#) can help to prevent depression. Remember; something is better than nothing!"

This Men's Health Week, Exercise Right is urging Aussie men to start prioritising their health and to find time to move. Reaching out to a university-qualified exercise professional can help men to overcome the barriers to being active and improves their chances of creating long-lasting lifestyle change.

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By consulting an Accredited Exercise Physiologist or Accredited Exercise Scientist, you will be working with an exercise expert who is equipped with the knowledge and skills to improve health, fitness, well-being, performance, and assist in the prevention and management of chronic conditions.

Visit the [Exercise Right website](#) to learn more the benefits of exercise, or use the [ESSA Search Function](#) to find an accredited exercise professional in your area.

**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.

## [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.