



Tuesday, 3 September 2019

Exercise is “Powerful Stuff” for women’s health

Physical activity is vital for keeping Australian women happy, healthy and strong. This year’s Women’s Health Week theme is “**Women’s Health, Powerful Stuff**”, and Exercise Right wants to remind Australian women that exercise is powerful stuff for their physical and mental health.

“The value of exercise cannot be overstated when it comes to women’s health,” says women’s health expert and Accredited Exercise Physiologist, Esme Soan.

“Being physically active drastically reduces a woman’s risk of developing chronic conditions like heart disease, breast cancer and even dementia – which is the single biggest killer of women in Australia.”

Exercise also improves mental health and helps to protect women from conditions like anxiety and depression. Currently in Australia, as many as 1 in 3 women will experience anxiety in their lifetime, and exercise serves as a powerful tool for both preventing and managing symptoms associated with this condition.

Despite the benefits of exercise, Australian women aren’t moving enough. Less than half of women aged 18 – 64 accumulate the recommended minimum of 150 minutes of physical activity each week, and only 1 in 4 do strength training at least twice a week.

“The data shows us that women aren’t making time for exercise,” adds Esme.

“Many women, especially mothers, say they don’t have the time to exercise and they feel guilty about spending time away from their families to work out.”

This Women’s Health Week, Exercise Right is encouraging Australian women to put their health first and make time for regular physical activity. We also want to highlight the importance of getting the *right* advice from an accredited exercise professional.

Exercise & Sports Science Australia (ESSA) have developed a [free eBook](#) to help educate Aussie women about the positive impact of exercise on women’s health. They also offer a [search function](#) which allows women to find their local accredited exercise professional to help them to “Exercise Right”.

More information can be found on the [Exercise Right website](#).

For more information:

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MEDIA RELEASE

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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