



How to host your Exercise Right Week event

Exercise Right Week is an annual awareness initiative held each May to inspire Australians to move more and move better, with the right advice, from the right experts. The focus of Exercise Right Week is *Expert advice for every body* indicating the positive impact that guidance from an accredited exercise professional can have for every Australian.

One of the ways you can get involved in Exercise Right Week is to host a free event. It's a great way to get your community moving and give newcomers a preview of what they can achieve by working with an accredited exercise professional.

ESSA event activations

ESSA will be running event activations in some capital cities on Saturday 23 May. The activations will involve a few health checks – sit to stand, blood pressure, grip strength test and balance tests. Participants will be provided with a Health Check Scorecard which will detail their results and next steps.

The tests will be run by volunteer accredited exercise physiologists and exercise scientists. You are welcome to run your own activations alongside the day or throughout Exercise Right Week. Other ideas are free group exercise classes or free initial consultations, depending on your business.

Key dates

Exercise Right Week: Saturday 23 May – Saturday 30 May 2026

ESSA Exercise Right event activations: Saturday 23 May

How to promote your event

1. Visit the [Exercise Right Week webpage](#) to register your event.
2. Get [in touch with us](#) before 31 March if you have any great client success stories to share.
3. Print and display campaign posters (included in the supporter pack) at your clinic or physical locations.
4. Create or share content across your social media channels throughout the week. (Tag Exercise Right in your posts and we'll share).

Resources

Here's some handy resources for you to use and promote your event.

Supporter pack

- Includes social media assets, email signatures, posters and post cards.

Event resources

- Health check instructions, recording sheet, health check score card and normative data.

Support contact

For any questions or concerns about hosting an event this Exercise Right Week, please contact hello@exerciseright.com.au

