

# NEWSLETTER

## RESOLVE EXERCISE PHYSIOLOGY

### Exercise Right Week

Expert advice for *every body*.

Exercise Right Week (23-30 May 2026) is an annual campaign led by Exercise & Sports Science Australia to highlight the importance of safe, effective, and evidence-based exercise for everyone.

Whether you're managing a chronic condition, returning from injury, or working toward performance goals, the right exercise—prescribed by the right professional—can make all the difference.

#### Why “Exercise Right” Matters

Not all exercise is created equal. Individualised programming ensures:

- Better results, faster
- Reduced risk of injury
- Improved management of conditions like back pain, diabetes, and heart disease
- Greater confidence in your training

Our accredited Exercise Physiologists are trained to design programs tailored specifically to your needs, goals, and health history.

- Consistent structured exercise provides a **20-25%** reduced risk of cardiovascular disease
- Regular exercise is proven to reduce the likelihood of anxiety and depression occurrence by **25%**
- Less than **50%** of Australians consistently meet the physical activity guidelines
- Most Australians spend more than **40%** of their awake hours being sedentary.

**Motivation:** Progress comes from consistency—not perfection—so just start, and motivation will follow.

**Nutrition Bite:** Support bone strength by getting enough calcium (dairy or fortified foods) and vitamin D from regular sunlight exposure. Together, they play a key role in maintaining bone strength and reducing fracture risk.

**Quick Fact:** Exercise is one of the most effective tools for managing chronic conditions like type 2 diabetes, heart disease, and chronic pain—when it's prescribed correctly.

### NEVER MISS A BEAT



♥ Heart Week 4<sup>th</sup> -10<sup>th</sup> May

Cardiovascular disease (CVD) refers to a group of conditions affecting the heart and blood vessels, including coronary heart disease (blood vessels supplying the heart), cerebrovascular disease (blood vessels supplying the brain), peripheral arterial disease (blood vessels to the limbs), and conditions such as deep vein thrombosis and pulmonary embolism. Heart attacks and strokes are usually acute events caused by these underlying diseases.

Heart Week, led by the Heart Foundation, is a national reminder of the importance of protecting heart health and reducing the risk of CVD—the leading cause of death in Australia. It highlights how everyday lifestyle choices can have a powerful long-term impact.

You can reduce your risk by: getting regular movement (aiming for around 30 minutes daily), eating a balanced diet, maintaining a healthy weight, managing stress, prioritising quality sleep, and attending regular health checks

### How to Stay Active as the Weather Cools

As temperatures drop, it's common for activity levels to decrease—but consistency is key.

Tips to stay on track:

- Schedule your workouts like appointments
- Train indoors or try group sessions for accountability
- Set a realistic weekly goal (e.g. 3 sessions/week)

