

### Media statement

17 May 2019

#### Move more and age better

Did you know coronary heart disease is the leading cause of death in Australians aged over 65? Regular exercise is an effective way to keep your heart healthy, and almost three out of four Aussies aged over 65 don't get enough of it!

Physical activity provides a signal to your skeleton to hold onto its bone density and muscle mass, many Australians would benefit from regular resistance-based exercise. The guidelines tell us that we should be undertaking resistance-based exercise twice a week. This has been to help reduce falls and falls injury as well as staving off frailty and allowing older Australians to stay at home longer.

**Exercise Right Week** (May 20-26) is focusing on Active Ageing this year, encouraging everyone, including older Australians to be healthier and more active.

Sunshine Coast Hospital and Health Service (SCHHS) Senior Clinical Accredited Exercise Physiologist, Luke Snabaitis said age shouldn't be a barrier for physical activity, anytime is an ideal time to start.

"Exercise Right Week is the perfect time to remind everyone, especially older adults or those living with chronic conditions, illness, and injury, that getting moving is crucial."

In blue zones, those known for longevity; physical activity and exercise have been found crucial to living a long quality life. There is an over 30% reduction in all-cause mortality risk for those that exercise regularly with more benefits and reductions the more physical activity is completed. Cancer's, heart attack, dementia, depression all shown to be reduced in those that regularly exercise.

"Research has shown that those that were active seven hours a week had similar cardiovascular fitness and muscle mass as forty year old's, "You can't stop father time, but it seems you can definitely slow him down," Mr Snabaitis said.

"There is no reason you can't find something you enjoy that is suitable for your situation, it can be as simple as walking up and down your hallway and sitting and standing in your chair during ad breaks watching T.V.

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Ronald Binge, a client of the Aboriginal and Torres Strait Islander Health team at SCHHS, took part in the SCHHS Exercise Program to help manage his Type 2 Diabetes.

“I had chronic back pain as well as respiratory issues so exercising for me was a challenge,” Mr Binge said.

“Joining the Exercise Program was one of the best things I’ve ever done and I highly recommend the program and the team. Luke is very hands on and was able to create a specialised program that I could stick to.

“I follow the program and eating guide each week and have since managed to get my diabetes under control and improved my fitness. To me, sticking to the program is just as important as taking my medication,” he said.

#### Active ageing statistics:

- Women over 60 who cut sedentary time by 1 hour everyday reduce their risk of heart disease by 26%.
- Almost 3 out of 4 Aussies aged over 65 don’t get enough exercise.
- 44% of older Australians say poor health or injury keeps them from exercising
- Exercising regularly over a lifetime helps keep the body decades younger!

We’d recommend visiting your GP before starting a new physical activity and then seeking the advice of an exercise professional, such as an Accredited Exercise Physiologist, to help you work out what may suit your specific needs.

#### **MEDIA OPPORTUNITY**

Senior Clinical Accredited Exercise Physiologist, Luke Snabaitis and SCHHS Exercise Program participant Ronald Binge are available for interview on request.

**ENDS**

**Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747**

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