

## ESSA launches eBook to promote the benefits of physical activity for older adults and healthy ageing

**TUESDAY, 3 NOVEMBER 2020**  
**FOR IMMEDIATE DISTRIBUTION**

For Australians aged 65 and over, physical activity becomes important in maintaining energy levels, increasing joint movement, preventing or managing mental health problems (by reducing stress and anxiety), and improving mood and memory function.

However, despite the significant benefits of being physically active, the physical activity levels of many older Australians are less than the level recommended to gain a health benefit.

“In Australia, 75% of people aged 65 and over are not sufficiently active. This is concerning as maintaining a healthy and happy lifestyle is vital as we age. A simple tool that can encourage healthy ageing is movement and exercise, and age should not be seen as a barrier for anyone to participate,” says Anita Hobson-Powell, Exercise & Sports Science Australia (ESSA) CEO.

To help encourage older Australians to become more active in a safe way, and educate them on the many benefits of physical activity, ESSA is proud to launch its latest free eBook, “[Exercise for Older Adults](#)”.

“Exercise provides a wide range of benefits, the main being the management and treatment of chronic conditions, and with older age comes greater incidence of chronic illness and disease,” adds Anita.

In fact, [3 in 5 Australians](#) (60%) aged 65 years and over have at least one chronic condition and chronic disease is a leading cause of disability in older adults.

“This eBook has been compiled with the help of Accredited Exercise Physiologists and researchers who are working together to ensure Australians are ageing actively to increase their quality of life and reduce the burden of chronic disease and conditions.”

The range of testimonials throughout the chapters also serve as a reminder that the benefits of exercise on the physical and mental health of older Australians is endless.

One testimonial is about *Alice*, a vibrant and now-active 69-year-old who was diagnosed with osteoporosis six years ago. Due to the demands of caring for her loved ones, Alice became inactive. After no success joining a group-based gym class, as the exercises were not tailored to her abilities, Alice then joined a community group and began working with an Accredited Exercise Physiologist and “hasn’t looked back”. Alice has reported to be thoroughly enjoying the structured activity alongside her usual gardening, family time with the grandchildren and travels. Alice has excelled and has loved learning new movements and having the ability to lift heavy objects again.

The [Exercise for Older Adults eBook](#) is a free resource and a vital tool to be used by those aged 65 and over who want to become more active, as well as their families and carers who may like to encourage their older loved ones to engage in healthy ageing.

The eBook covers a variety of topics within its chapters including brain health (or dementia), Parkinson’s disease, common cancers, heart health (or cardiovascular disease), osteoarthritis, osteoporosis and persistent pain, as well as how to exercise to prevent falls, how exercise can prevent loneliness, and the importance of strength training.

“Offering advice from accredited exercise professionals, as well as helpful tips and inspiring testimonials throughout the chapters, the eBook is a one-stop-shop to help get older adults start to become more active in a safe way.”

“No matter your age, it’s never too late to start incorporating exercise into your daily life.”

[Click here](#) to download the eBook or visit [exerciseright.com.au](http://exerciseright.com.au) for more information.

It’s important to remember that for older people who are starting to re-engage in physical activity after a period of time, or for the first time ever, they should consult with an accredited exercise professional or their GP.

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