



## **Breast Cancer Action Month in May**

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**FROM: The New Zealand Register of Exercise Professionals (REPs)**

**This May, The New Zealand Breast Cancer Foundation is inviting New Zealanders to take part in their Pink Ribbon Breakfast campaign!**

We are all familiar with the many benefits of physical activity and exercise that improve the quality of our lives; with 1 in 9 NZ women diagnosed with breast cancer in their lifetime it is timely to consider the role of exercise in reducing the risks of many diseases, including breast cancer.

Lifestyle factors can increase or decrease risk of breast cancer. The breast cancer prevention benefits of taking action through regular exercise can include reducing hormone levels, and help in maintaining a healthy body weight.

And it's not just those who engage in strenuous activity that benefit. Moderate exercise for 30 minutes each day doing such activities as walking, a dance class or a gym workout give the same advantage.

There is an extra motivation to take action and partake in regular exercise for women with breast cancer; physical activity and exercise after breast cancer diagnosis has been strongly linked to not only an improved quality of life, but as research has suggested, it may even extend survival in women with breast cancer. Helping prevent diseases through exercise is a good motivator to take action, but don't forget the other benefits you can start enjoying straight away, such as sleeping better and having more energy.

Broni McSweeney, a Christchurch based exercise guru and REPs Registered Exercise Professional has seen first hand the effects of regular exercise through her work mentoring personal trainers. "Over the last few years, I have heard from hundreds of women nationwide who are improving their lives through exercising with the help of their REPs Registered Professionals. I've read a lot that made me cry.....with joy; they blew me away in terms of how positive and far reaching their results were."

The key message is to get out and take action. It may not just improve your quality of life, in many cases it could just help save it!

During the month of May, The New Zealand Breast Cancer Foundation is running their Host a Pink Ribbon Breakfast campaign. It's a great opportunity to get together with friends and family over breakfast or lunch anytime during May, and raise funds for the Foundation. We strongly encourage you to get involved and help the support the foundation. For further details, and to take part in this excellent fundraiser, please go to <http://www.pinkribbonbreakfast.co.nz> .

**Contact Details:**

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**What is the NZ Register of Exercise Professionals (REPs)?**

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the “Warrant of Fitness Check” that an exercise professional and facility meet New Zealand and international standards to deliver exercise advice and instruction. REPs is affiliated globally to over 35 other national exercise professional registers through the International Confederation of Registers for Exercise Professionals (ICREPs) [www.icreps.org](http://www.icreps.org).

