



To Our Kiwi Men - Have a Check Up, It May Save Your Life

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

This one's for the guys, the blokes and the boys.

Your partner, your family and your friends want you to be healthy and happy, so it's time to take a look at your health. September is a great time to start getting educated on men's health as the Prostate Cancer Foundation is raising awareness of prostate cancer through their *Blue September* campaign.

Every year more than 550 New Zealand men die from prostate cancer. One in ten New Zealand men will develop the disease in their lifetime. Many of these deaths could be prevented by early detection and healthy lifestyle choices. The causes of prostate cancer are not fully understood. It is known that prostate cancer is more common in men who have a history of prostate cancer in their family. It is also known that lifestyle factors such as diet, environmental factors, and lack of physical activity may also increase the chances of developing the condition.

It is the kiwi 'she'll be right' attitude that means often men don't prioritise their own health issues, putting work and family commitments first. It's also common for men to feel uncomfortable talking about personal health issues.

In the spirit of Blue September, REPs challenge the men of New Zealand to take a look at their health and lifestyle. Looking after yourself can be as simple as getting a checkup at your doctor, or starting a new exercise programme, and making your diet healthier.

It's easy to get started with these recommendations:

- **Maintain a healthy body weight** - Obesity contributes to a range of preventable health conditions, so maintaining a healthy body weight can add years to your life.
- **Move your body** - be physically active for at least 30 minutes on most days, or every day. Carrying a few extra kilos need not be an issue if all the fitness markers like oxygen uptake, lung efficiency, heart rate and blood pressure are good. A regular exercise programme will contribute to your overall physical and mental wellbeing.
- **Eat for health** - choose a varied diet with plenty of fruit and vegetables and limit your intake of red meat.
- **Have a regular health check up** – Include a PSA blood check from age 40, and a DRE prostate check from age 50; or age 40 if you have a family history of cancer.

So take up the challenge now, head to your Doctor for a check up and get moving. Just as you see your GP to get a check up of your medical health, it's important to see a registered exercise professional to get a check up of your physical fitness. To find a local exercise facility or trainer in your area, head to the website www.reps.org.nz.

The Register of Exercise Professionals (REPs) is the independent verification that an exercise professional is suitable to give exercise advice. So by working with a REPs registered professional, you know you are getting the best and safest advice. With over 175 registered facilities (gyms, fitness centres, health clubs), and 2000 registered exercise professionals across New Zealand, there is someone nearby who can help you with appropriate advice and guidance.

Information from:

<http://www.blueseptember.org.nz>

<https://www.southerncross.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.

