

2 August 2016

Media Release – Lets Keep Our Kiwi Men Happy and Healthy

From: NZ Register of Exercise Professionals



Lets Keep Our Kiwi Men Happy and Healthy

Not just for the ladies- It's good to look after yourself; it's part of being a man.

New Zealanders are known for having a 'do it yourself' attitude. While this has its advantages, in many aspects of life when it comes to health and wellness of men as they age, whether they are our partners, brothers or fathers, it's not good enough to say 'he'll be right'.

A more sensible approach is to make sure our men are educated about common diseases that affect their health as they get older, and practical advice to maintain a healthy lifestyle.

Many deaths from lifestyle diseases, which target men, could be prevented by early detection and healthy lifestyle choices such as regular exercise, and healthy food choices.

As an example, while most cases of prostate cancer occur in men aged over 65, and most bowel cancer occurs in people over 50, prevention based lifestyle habits need to be in place well before this age.

Our advice for men's health and exercise doesn't have to be complicated or overly strenuous. While many choose to take the bull by the horns and attack a good physical challenge, there are plenty of benefits, both long and short term, from a moderate approach with small, sustainable changes.

As middle age approaches, many men find taking time out to exercise lowers in priority. Work commitments can increase, and family obligations take over any spare time.

It's easy to get started with these recommendations:

1. 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.
2. 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.
3. Eat for health – Choose a varied diet with plenty of fruit and vegetables, and limit your intake of red meat.
4. Check up - Have a regular health check up, and 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 worth going to see a REPs Registered Exercise Professional to get a check up of your physical activity and exercise wellness. For a local facility or trainer in your area head to the website www.reps.org.nz

REPs (NZ Register of Exercise Professionals) is the independent verification that the exercise professional is suitable to give exercise advice, so by working with a registered professional you know you are getting the best and safest advice.

Contact details for further information about the exercise industry:

NZ Register of Exercise Professionals, Registrar Stephen Gacsal

Email: stephen@reps.org.nz telephone: 0800 55 44 99 website: www.reps.org.nz

NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the "warrant of fitness check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

Exercise Association of New Zealand, Chief Executive Richard Beddie

Email: richard@exercisenz.org.nz, telephone: 0800 66 88 11 website: <http://www.exercisenz.org.nz>

Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

