

8 June 2021

Media Release – Men’s Health Week

From: NZ Register of Exercise Professionals



# men'shealthweek

TE WIKI HAUORA TĀNE 2021 • **JUNE 14-20**

## June 14 Marks the Start of NZ Men’s Health Week Te Wiki Hauora Tane

Next week marks the start of Men’s Health Week which has been set up to highlight the need for men to look after their own health. The men’s health week team tells us that a boy born today will live nearly four years less than a girl born in the room next door. He will be over 20% more likely to die of a heart attack than the girl, and almost 30% more likely to get diabetes.

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.

Our advice for men’s health and physical wellness is health 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. **Have a regular health checkup** 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 checkup and get moving. It’s also worth seeing a registered exercise professional to get a checkup of your physical health and wellness, and to provide you with great ideas to get started. To find one in your area head to [www.reps.org.nz](http://www.reps.org.nz).

Reference:

<https://www.menshealthweek.co.nz>

---

### Contact details for further information about the exercise industry:

**NZ Register of Exercise Professionals**, Registrar Stephen Gacsal

Email: [stephen@reps.org.nz](mailto:stephen@reps.org.nz) telephone: 0800 55 44 99 website: [www.reps.org.nz](http://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](http://www.icreps.org)

**Exercise Association of New Zealand**, Chief Executive Richard Beddie

Email: [richard@exercisenz.org.nz](mailto: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.*

