Media Statement

Metro North Hospital and Health Service

6 May 2015

Get moving for Heart Week

Metro North Hospital and Health Service (MNHHS) is getting behind the Heart Foundation’s push for people to get active for the sake of their heart’s health.

The focus for this year’s Heart Week is to raise awareness of the importance of physical activity and the risks involved with sedentary behaviour.

Metro North Executive Director of Heart and Lung, Professor Darren Walters said it was all about making small changes to your lifestyle to improve your health.

“Physical activity helps adults to live longer, and protects against cardiovascular diseases, type 2 diabetes, some cancers and osteoarthritis,” Professor Walters said.

Part of this year’s campaign is to encourage people to ‘move more, sit less’.

Professor Walters said sedentary behaviour was a known factor contributing to our rising rates of obesity.

“We know Queensland is battling an obesity crisis with more than half of Queensland’s population overweight or obese.

“Contributing to this is not only poor food choices but too much sedentary behaviour – only 60 per cent of Queensland adults are achieving the recommended physical activity levels.

“People really don’t notice how long they sit for each day and this can be really damaging to our health.”

Making simple lifestyle changes, including being physically active and maintaining a healthy weight is the easiest way to reduce your risk of heart disease and other cancers.

“Even incidental exercise can be effective, for example, getting off the bus one stop earlier, taking the stairs instead of the lift and walking over to talk to your colleague.”

The Healthier. Happier. campaign has a range of tips, ideas and videos to help you achieve a

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