

NEWS RELEASE
New Zealand Society of Physiotherapists

Move! say physiotherapists

Physiotherapists have one message for New Zealanders: Move!

“Movement for health” is the theme of World Physiotherapy Day (8 September) this year. As the experts on movement for health, physiotherapists are advising New Zealanders how much better they will feel just by moving more.

“We invite everyone to try it,” said Jonathan Warren, President of the New Zealand Society of Physiotherapists. “Just doing something active for at least half an hour a day will make you feel better, with more energy and more enjoyment of life. You’ll improve your physical and mental health, help prevent lots of serious health conditions, and help manage any conditions you already have.”

Rather than taking on some exercise they hate or that costs more than they can afford, people should choose something they enjoy, physiotherapists advise. Walking, biking, physically interactive computer games, swimming, dancing, tai chi, are some examples. “Whatever gets you moving,” Mr Warren said. “Children need to be physically active for at least an hour every day. Normal outdoor play takes care of that – just give them the opportunities.”

Mr Warren said, “We’re giving this advice because it’s such a delight to see how much more our patients enjoy life and how much their physical condition improves after they become active. But it’s not just our observation. There’s overwhelming evidence that being physically inactive makes people sick or kills them. The World Health Organisation says that physical inactivity causes at least 1.9 million deaths every year.”

Being active has been shown to help prevent and manage conditions such as heart and lung problems, high blood pressure, stroke, Type 2 diabetes, some cancers, and obesity.

Members of the New Zealand Society of Physiotherapists around the country will be celebrating World Physiotherapy Day, which marks the unity and solidarity of the profession in 101 countries around the world.

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References

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http://www.who.int/dietphysicalactivity/factsheet_benefits/en/index.html

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