

EXERCISE RIGHT WEEK

EXPERT ADVICE FOR EVERY BODY

Elise Burt - Senior Exercise Physiologist

EXERCISE RIGHT WEEK 2026

Exercise Right Week is ESSA's annual campaign highlighting the importance of safe, effective and evidence-based exercise delivered by accredited professionals. Running from 23–30 May 2026, the campaign reinforces a core message for our profession and the broader community: expert advice for every body (Exercise Right, 2026).

Exercise Right Week is not simply about encouraging people to be more active. It emphasises that how we exercise matters. By asking “Where can an expert take you?”, the campaign highlights the role of accredited exercise professionals in helping people move with confidence, purpose and long-term benefit.

WHY EXERCISE RIGHT MATTERS

Regular physical activity is strongly associated with reduced risk of cardiovascular disease, type 2 diabetes and some cancers, while also improving mental health, cognitive function and overall quality of life (World Health Organization [WHO], 2024). Across all ages, exercise supports strength, balance, mobility and functional independence.

However, exercise is not one-size-fits-all. Many people remain insufficiently active or engage in physical activity that is poorly matched to their health status, goals or life stage. Without appropriate guidance, this can increase the risk of injury, symptom flare-ups or disengagement altogether. Exercise Right Week reinforces that expertise matters when translating general activity guidelines into safe, meaningful and sustainable movement.



FROM PREVENTION TO PERFORMANCE

Exercise plays a critical role across the continuum of health — from disease prevention and risk reduction, to rehabilitation, functional independence and performance optimisation. The evidence is clear: some exercise is better than none, consistency is more important than complexity, and individualised programs deliver better outcomes (WHO, 2020).

Accredited exercise professionals are central to ensuring exercise is appropriately prescribed and progressed, aligning movement with individual needs, preferences and capacities.

EXERCISE RIGHT WEEK

EXPERT ADVICE FOR EVERY BODY

ROLE OF ESSA-ACCREDITED PROFESSIONALS

ESSA-accredited exercise professionals (including Accredited Exercise Physiologists (AEPs), Exercise Scientists and Sports Scientists) provide qualified, evidence-based care across clinical, community and performance settings. AEPs, in particular, specialise in supporting people with chronic disease, injury, mental health conditions and age-related changes through tailored exercise prescription and behaviour-change support.

Through the Exercise Right initiative, this expertise is accessible and trustworthy, helping Australians connect with qualified professionals who meet national accreditation standards (Exercise Right, 2026).

FINAL THOUGHTS

Exercise Right Week reinforces an essential principle: doing exercise well matters just as much as doing more of it. When movement is guided by expertise, grounded in evidence and supported within communities, exercise becomes a powerful driver of prevention, performance and participation. For ESSA members, Exercise Right Week is an opportunity to continue championing high-quality exercise delivery and to demonstrate the vital role our profession plays in supporting a healthier, more active Australia.



HOW TO BOOK & FIND OUT MORE

- Book online today at Yawa Aquatic Centre
 - [Yawa - Nookal Online Bookings](#)
 - Scan QR Code
- Book online today at Pelican Park
 - [Pelican Park - Nookal Online Bookings](#)

RESOURCES

Exercise Right. (2026). Exercise Right Week. <https://exerciseright.com.au/exercise-right-week/>
Exercise & Sports Science Australia. (n.d.). Exercise Right initiative. <https://www.essa.org.au/Web/Web/About/About-ESSA/Initiatives/Exercise-Right.aspx>
World Health Organization. (2020). WHO guidelines on physical activity and sedentary behaviour. <https://www.who.int/publications/i/item/9789240015128>
World Health Organization. (2024). Physical activity. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>