

HEART HEALTH WEEK

NEVER MISS A BEAT

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HEART HEALTH WEEK 2026

This year's Australian Heart Week campaign, "Never miss a BEAT," encourages people to check in on their heart health early, understand their personal risk, and take action before problems arise. Heart disease often develops silently, and many Australians don't realise they're at risk until symptoms or a major event occurs.

According to the Australian Bureau of Statistics (ABS), around 1.3 million Australians (5.2% of the population) were living with heart, stroke or vascular disease in 2022, with prevalence increasing sharply as we age. A key focus of Heart Week is encouraging eligible adults to book a Heart Health Check with their GP. This Medicare-subsidised assessment looks at a range of lifestyle risk factors.

WHY HEART HEALTH MATTERS?

Poor cardiac health doesn't just increase the risk of a major event like a heart attack or stroke, it can affect everyday life long before something serious occurs. according to the Australian bureau of statistics, ischaemic heart disease remains one of the leading causes of death in Australia, and many people live for years with reduced heart function, ongoing symptoms, or activity limitations as a result of heart disease [abs.gov.au]. for individuals, this can mean reduced energy levels, lower exercise tolerance, shortness of breath, difficulty recovering from workouts, and an increased risk of complications as they age. heart disease can also impact independence, confidence, work capacity, and overall quality of life, placing strain not only on the individual but also on their family and support networks.



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WHY EXERCISE MATTERS?

Regular exercise plays a critical role in protecting heart health and reducing these impacts. Aerobic exercise helps maintain the heart's ability to pump blood efficiently, while resistance training supports healthy metabolism, blood sugar control, and body composition, all factors linked to better long-term cardiovascular outcomes [heartfoundation.org.au]. When exercise is done consistently and appropriately, it can help individuals maintain functional capacity, stay active for longer, and reduce the likelihood that heart health issues will interfere with daily life, training goals, or long-term independence.

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HOW EP SUPPORTS HEART HEALTH

Exercise Physiologists (EPs) are trained to use exercise as preventative medicine for heart health. They help translate Heart Week’s “Never miss a BEAT” message into practical action by designing safe, evidence-based exercise programs tailored to your health history, goals, and risk factors. EPs can assess cardiovascular fitness, monitor how your heart responds to exercise, and adjust training to support improvements in blood pressure, endurance, and overall heart health. For gym members, working with an EP means confidence that your training is not just improving performance—but actively protecting your long-term heart health.

EXERCISE RECOMMENDATIONS

- **Move most days:** Aim for 30 minutes of moderate activity (like brisk walking, cycling or cardio classes) on most days of the week to support heart health.
- **Strength train 2–3 times per week:** Resistance training helps control blood pressure, blood sugar and body composition—all important for your heart.
- **Mix cardio and strength:** Both are important; doing only one limits long-term heart health benefits.
- **Break up sitting time:** If you’re sedentary for long periods, stand up and move regularly to support circulation.
- **Start where you’re at:** If you’re new to exercise or returning after time off, begin gradually and build up over time.
- **Get guidance if needed:** If you have risk factors or health concerns, structured exercise guidance can help you train safely and confidently.

FINAL THOUGHTS

This Heart Week, don’t just show up to train—check in on your heart, know your risk, start the conversation, and never miss a BEAT.



Scan to book online

RESOURCES

- National Heart Foundation of Australia. Physical activity and your heart health. <https://www.heartfoundation.org.au/healthy-living/physical-activity/physical-activity-and-exercise>
- Australian Government Department of Health and Aged Care. 24-Hour Movement Guidelines for Adults. <https://www.health.gov.au/topics/physical-activity/24-hour-movement-guidelines-for-all-australians>
- National Heart Foundation of Australia. Physical activity and your heart health. <https://www.heartfoundation.org.au/healthy-living/physical-activity/physical-activity-and-exercise>
- Australian Bureau of Statistics (ABS). Heart, stroke and vascular disease, 2022. <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/heart-stroke-and-vascular-disease/latest-release> [[abs.gov.au](https://www.abs.gov.au)]