

Media Release

FOR IMMEDIATE RELEASE

Chronic Disease on the Increase

A dramatic rise in Chronic Disease in the South Burnett was proposed by Professor Kerryn Phelps at a recent medical conference in Toowoomba.

Professor Phelps addressed a crowd of over 100 medical professionals, including Owner of Rapid Exercise Physiologist Specialists (REPS), Mr Geoff French.

Mr French agrees with Professor Phelps' outlook and is on a campaign to change peoples ways at looking at their health in the South Burnett.

Mr French said "Without changes to peoples lifestyle then trends indicate the region will experience an increase in chronic diseases such as diabetes, depression, cancer, obesity, cardiovascular disease and many more."

"People that smoke and drink are at higher risks to these diseases and a change in lifestyle choices is an effective way to combat chronic illness," said Mr French.

"By including fitness, good nutrition and a healthy lifestyle people would not only decrease their chances of having chronic illness, but they would also enjoy a happier and healthier lifestyle," said Mr French.

The Toowoomba conference was hosted by the Medicare Local in Toowoomba which also covers the South Burnett. The two day conference included guest speakers from all over the country to address health issues and concerns together with the main focus on networking between the medical professions.

One of the guest speakers was Mr. Graeme Joy who is one of the most focused, effective and highly ranked motivational speakers in Austrasia. He became the first and only Australian to Ski to the North Pole.

Mr Deekonda, the Exercise Physiologist at REPS said "Mr Joy spoke about our health being one thing we take for granted. I see so many people who choose the wrong lifestyle choices by drinking, smoking, excess stress, over eating and have poor lifestyle choices by not including exercise as part of their daily routine."

"I would prefer to see people being pro-active towards healthy lifestyle choices rather than acting once it's too late. We have set up Exercise Physiologist services in Nanango, Kingaroy and Murgon to help combat chronic illness in the South Burnett," said Mr Deekonda.

The Exercise Physiologist program currently has clients with clinical needs referred through the Medicare system and ex service men and women referred through the Department of Veterans Affairs.

Mr French from REPS recommends if you have or feel you have a chronic disease then you should contact your local GP for assistance to services like Exercise Physiology so we can train, educate and assist the client in self management of their chronic illness.

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Attachments: Photo of Mr Geoff French—REPS / Mr Graeme Joy - Motivation Speaker / Mr Suresh Deekonda—REPS

For additional information, contact: Geoff French - 0437 770 595