



5 November 2009

MEDIA ALERT - 21 November 2009

Be fit for life - a forum combating heart disease

Heart disease – Australian's number one killer - is not something that develops overnight, but over decades. **Be fit for life** is an all-day forum set to help Sydney residents reduce their risk of heart disease and motivate them to be pro-active about managing their health early in life and onwards.

The facts: around 60 Australians die every day from cardiovascular disease¹; 62% of Australians are overweight or obese²; 94% of Australians do not eat enough fruit and vegetables³; and 90% have at least one modifiable risk of heart disease⁴ such as physical inactivity, obesity, and diabetes.

Be fit for life is for people who are interested in simple and practical ideas for staying active and finding a fitness regime that works for them; in being motivated to take a preventative approach to heart disease and generally their health; and a better understanding of why it is vital to look after our health earlier in life, as a preventative measure for when we get older.

WHEN: 9.30am – 3.00pm, Saturday 21 November

WHERE: Kolling building, Royal North Shore Hospital, St Leonards

ON THE DAY:

Master of Ceremonies: Associate Professor Robyn Gallagher, Chronic and Complex Care, University of Technology, Sydney.

The morning program comprises speakers and panel discussion:

Dr Edward Barin, consultant cardiologist for Royal North Shore Hospital and medical researcher for North Shore Heart Research Foundation, will talk about the importance of managing our heart health from early on in life. Dr Barin will provide simple lifestyle tips for managing our heart health everyday.

¹ Australian Bureau of Statistics (ABS), Causes of Death 2007

² ABS, National Health Survey 2007-2008

³ Australian Institute of Health and Welfare (AIHW), Australia's Health 2008

⁴ AIHW, Living dangerously: Australians with multiple risk factors for cardiovascular disease (2005)

Chris Russell, heart attack survivor and judge on the ABC TV show *The New Inventors*, is celebrating five years since his heart attack, a significant milestone. He will speak about life before and after his heart attack, such as what this has meant for his lifestyle and outlook on life, and what helps him stay fit and healthy.

Is red wine good for you? What about dark chocolate? and more: a panel discussion about heart health, the myths of heart disease, and getting motivated to be fit. **Panel:** Dr Edward Barin, Chris Russell, and North Shore Cardiovascular Education Centre exercise physiologist, Christine Bruntsch.

The afternoon program comprises of a motivational fitness presentation by North Shore Cardiovascular Education Centre exercise physiologist Laura Hood, and exercise demonstrations to show the different exercise regimes people can adopt depending on their preferences, needs and abilities.

For full program and speakers details visit: www.heartresearch.com.au

TICKETS:

\$50 (full day pass, morning tea and lunch box)
Bookings are essential. Tickets sales close **12 noon, Friday 20 November**.
Purchase tickets online at www.heartresearch.com.au or phone **02 9436 0056**.

ENQUIRES: Phone **02 9436 0056** or visit www.heartresearch.com.au

EVENT HOSTS:

Be fit for life is hosted by **North Shore Heart Research Foundation** in association with **North Shore Cardiovascular Education Centre**.

The Foundation funds research into the treatment and prevention of heart disease and associated medical conditions. Its goal is to reduce the devastating impact of heart disease on the community.

The Centre conducts exercise and lifestyle education programs for people recovering from a heart incident or who are at risk of heart disease. The Centre's programs are structured to help patients gain greater confidence to exercise and encourage them to adopt a healthy lifestyle.

MEDIA ENQUIRIES:

Maya Kay, Communications Manager, North Shore Heart Research Foundation, on **02 9436 0056 extension 107** or **0400 387 122**.

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