

ACU launches Student Veterans Exercise Lifestyle Program to support veterans transition from the military to university

Australian Catholic University's (ACU's) mission to support student veterans as they transition from the military to higher education has seen it launch an innovative new Student Veterans Exercise Lifestyle Program at its Brisbane campus to help them overcome challenges in their switch to student life.

The holistic wellbeing program, developed by the School of Behavioural and Health Sciences and supported by Student Veteran Service, reflects ACU's commitment and support to student veterans which is fast becoming a sector-wide best practice in Australian tertiary education.

Research suggests veterans transitioning into higher education face significant challenges. Creating opportunities to promote veteran's interaction and encouraging extracurricular participation on campus are effective in fostering a sense of belonging, which can help support academic success.

Research also suggests that veterans may also be at risk of developing, or have existing, medical conditions and injuries. The aims of Accredited Exercise Physiologist (AEP) interventions are to prevent or manage acute, sub-acute or chronic disease or injury, and assist in restoring one's optimal physical function, health or wellness.

The Student Veterans Lifestyle Program will be held from Monday 21st September to Friday 20th November. A welcome and information session will be held on Tuesday 15th September, which will provide an opportunity for student veterans to learn about the program and to view the facilities.

ACU Student Veteran Officer, Aaron Cornwall said: "The strong relationship between health, fitness and wellness has been well identified in the literature with its positive effects on both physical and mental health being used by many practitioners. Through the Student Veteran Exercise Lifestyle Program, we hope to increase accessibility to these benefits within the student veteran community".

Media contact: Georgina Bible, +61 (0)475 963 606, georgina.bible@acu.edu.au