

Gerald Quigley

Announced as 2025 Musculoskeletal Health Awareness Month Ambassador

MHA is thrilled to announce Gerald Quigley, respected health professional, community pharmacist, accredited herbalist, and media health commentator, as the 2025 Musculoskeletal Health Awareness Month Ambassador!

With his passion for improving health outcomes and his extensive experience in health education and public advocacy, Gerald is the perfect Ambassador to work with Musculoskeletal Health Australia and raise national awareness about the importance of musculoskeletal health.

Gerald, a leading health practitioner in the fields of pharmacy, health education, and wellness is a respected media personality, having appeared on numerous radio and television programs. He shares his invaluable knowledge and insights on a broad range of health topics. His commitment and passion for empowering individuals with the knowledge and tools they need to take charge of their health journey makes him an ideal Ambassador for Musculoskeletal Health Awareness Month.

Throughout his career, Gerald has been a tireless advocate for better healthcare practices, particularly in the areas of chronic pain management and musculoskeletal conditions. His unique ability to connect with people, combined with his professional expertise, has made him a trusted voice in the health community.

Why musculoskeletal health matters

Musculoskeletal conditions, which affect the muscles, bones, and joints, are a leading cause of disability worldwide. Conditions including arthritis, osteoporosis and back pain have real and life altering impacts for millions of people each and every day.

Musculoskeletal Health must be a top priority for all Australians. Raising awareness and understanding about the significant and lasting impacts these complex conditions have on peoples' lives is imperative, but it more than that. It about empowering Australians to take control of their musculoskeletal health from prevention, and early intervention, to better treatment and self-management options. This is about improving overall quality of life and health.

With a growing number of Australians, especially those of working age, experiencing poor musculoskeletal health the time to act is now.





October is Musculoskeletal Health Awareness Month

As Ambassador, Gerald will be instrumental in leading Musculoskeletal Health Awareness Month (MHAM) 2025. MHAM is all about raising awareness and understanding, delivering education and resources, and encouraging Australians to take proactive steps for their musculoskeletal health. As Ambassador Gerald will be involved in a range of activities including sharing tips and resources on how to maintain good musculoskeletal health and of course Epijoint | Musculoskeletal Health Australia's The World's Biggest Sit In – Australia's World Record attempt for the largest chair-based exercise class.

If you're sitting, you should be moving!

In the lead up to October's Musculoskeletal Health Awareness Month we need you to take a seat and get moving. Join us to raise awareness and much needed funds to improve Australia's musculoskeletal health.

REGISTER NOW

Get in training – remember, if you're sitting, you should be moving!

Start with some of our great introductory chair-based exercise workouts and build up to the 30min burn so you are ready to help us take the World Record on 26 October.

Sign up to our e-news **The Rattler** and keep up to date on the exciting MHAM activities.

Don't forget to follow us on social media for new workouts, tips and tricks and more!

