

Community physical activity options for people aged 50 and over

Details current as at 23 September 2010
Please check with venue or class contact before attending

BARRABA

Which class is suitable for me?

Group exercise programs are a great way to socialise, make new friends and be active at the same time. A combination of exercise for heart health, strength and balance is recommended.

Balance and Strength – Gentle exercise classes specifically designed to challenge and improve balance skills and develop greater muscle strength. These classes are provided by fitness instructors with extra training in balance exercises for people of all ability levels, to reduce the risk of injury from falls. Classes are designed to be fun, whilst getting the benefits of regular exercise.

Tai Chi – Very slow, gentle movements that are excellent for managing arthritis, improving posture and balance, increasing strength, and promoting flexibility. The regular practice of Tai Chi is effective in reducing the risk of having a fall or multiple falls. It is an excellent starting point for people with arthritis, diabetes, circulation problems, overweight, and for people who haven't exercised for a long time.

Gentle Exercise – Low impact classes (no running or jumping), that consist of simple movements to improve stamina, flexibility, strength, and balance. Classes are graded as 'low', 'medium' and 'high', and designed to be fun, boost your confidence and help you become active regularly.

Aqua – Water based exercise, consisting of simple moves to improve flexibility, stamina, and strength. Aqua classes are excellent for people with circulation problems, arthritis, are overweight, unsteady on their feet or are recovering from surgery, and for people who haven't exercised for a long time. Aqua is a great first step, before progressing to other group exercise classes which build balance and strength.

How much physical activity is needed for a health benefit?

It is recommended that everyone should do at least 30 minutes of "moderate" intensity physical activity most days of the week. This includes anything that makes you breathe harder or increases your heart rate.

The risk of getting injured from having a fall increases with age. Reduce this risk by doing regular activity that "challenges" your balance for at least 2 hours per week. This includes any exercise where you stand on one leg or with your feet close together, without using your arms for support.

Regardless of your age, weight, health problems or abilities, it is important for people aged over 50 to continue to be as physically active as possible, to help maintain your health and independence.

Class Intensity: L = Low, M = Medium, H = High

Programs for Balance and Strength

RECOMMENDED balance and strength programs

BALANCE AND STRENGTH	<i>No classes currently available</i>
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TAI CHI	<i>No classes currently available</i>
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OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
Day Care Centre Barraba Heath Service Edward Street <i>Open to the public</i> Intensity L	Wendy Taylor 6782 2563		1.30 pm			

Programs for *other* health benefits

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
Anglican Youth Centre Fitzroy Street Intensity L to H	Karen Bishton 6782 1134		6.30 to 7.45 pm			

AQUA / POOL EXERCISES	CONTACT	MON	TUES	WED	THURS	FRI
Barraba Hydrotherapy Pool, Queen Street Intensity L	Jill Fenn 6782 1038			1.30 to 2.30 pm		

LINE DANCING	CONTACT	MON	TUES	WED	THURS	FRI
Barraba Bowling Club Cnr Queen and Bridge Streets Intensity L to M	Helen Bridges 6782 1036		2 to 3 pm Beginners 3 to 5 pm More advanced			

Physical activity options for *more active* people aged over 50

ZUMBA	CONTACT	MON	TUES	WED	THURS	FRI
RSL Hall Queen Street Intensity M	Alexandra Stones 0437 241 031					7.30 pm

GYM based programs	CONTACT	
<i>Gym – to open late 2010 early 2011</i> 142 Queen Street	Luke Urquart 0429 936 335	Contact Luke for more details