

Community physical activity options for people aged 50 and over

Details current as at October 2011

Please check with the contact person before attending

MCINTYRE CLUSTER

(Ashford, Bingara, Bundarra, Delungra, Inverell, Tingha, Warialda)

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, L to H = caters for all levels

Programs for Balance and Strength

Physical activity, particularly activity that includes **balance** and **leg strength** components, plays a major role in preventing falls injury. Tai Chi and any other group exercise program which include exercises which specifically “challenge” balance are recommended.

RECOMMENDED balance and strength programs

BALANCE AND STRENGTH

No classes currently available

TAI CHI

Town	Location	Intensity	Contact	Number
Inverell	Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St <ul style="list-style-type: none"> Classes specifically for seniors 	L to M L	Nick King	6721 1112
Warialda	Warialda MPS, Long St	L to H	Christine Connor	6728 9026 or 6728 9000

OTHER programs with *some* balance and strength

GENTLE EXERCISE

Town	Location	Intensity	Contact	Number
Ashford	Masonic Hall	L	Bridgette Jerrard	0429 928 796
Bingara	<i>Circuit classes</i> Bingara Civic Centre, Maitland St	L to H	Kyra Beesley	0447 841 226 6724 1187
Bundarra	Bundarra Town Hall	L	Bridgette Jerrard OR Tania Mills	0429 928 796 6723 7601
Delungra	Uniting Church Hall, Delungra to Ashford Rd	L	Bridgette Jerrard	0429 928 796
Inverell	<i>McLean Care exercise groups</i> McLean Village Gymnasium, Killean Street	L	Rick Potts, McLean Care Community	6721 5406 or 1300 131 012
Inverell	Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St	L L to M	Nick King	6721 1112
Inverell	Bounce Fitness Inverell, 35 Otho Street	L to M	Brent Rieding	0432 538 782
Inverell	<i>One on one, (referral required)</i> Rehab Room, Inverell Hospital, Swanbrook Rd	Individual program	Bridgette Jerrard	0429 928 796
South Inverell	Linking Together Centre, 16 Waratah Ave	L	Bridgette Jerrard	0429 928 796
Tingha	UAICC Hall, Ruby St	L to M	Bridgette Jerrard	0429 928 796
Warialda	Warialda MPS, Long St (10 week program)	L to H	Christine Connor or Bridget Power	6728 9026 or 6728 9025
Warialda	<i>Ladies only class</i> WOW Fitness, 72 Hope St	L to M	Alexandra Stones	0437 241 031

PILATES

Town	Location	Intensity	Contact	Number
Bingara	Bingara Civic Centre, Maitland St	<i>Men:</i> L <i>Women:</i> L to H	Robyn Gasson	0428 247 875
Inverell	Bounce Fitness Inverell, 35 Otho St	L	Brent Rieding	0432 538 782

YOGA

Town	Location	Intensity	Contact	Number
Bingara	Bingara Civic Centre, Maitland St	L to M	Alexandra Stones	0437 241 031
Croppa Creek	Town Hall, Croppa Rd	L to M	Lorraine Reardon	0428 295 767
Inverell	Inverell Public School Hall, 92-112 Henderson St	<i>Beginner: L</i> <i>Advanced: L to H</i>	Shelley Hodges	0412 001 364
Warialda	WOW Fitness, 72 Hope St	L to M	Lorraine Reardon	0428 295 767
Warialda	Warialda School Hall, Hope St	L to M	Lorraine Reardon	0428 295 767

Programs with balance elements

DANCE

Town	Location	Intensity	Contact	Number
Inverell	<i>Zumba, Latin American, Rock & Roll, Jive, Old time dancing</i> Sapphire City Dance Academy 86 Glen Innes Rd	L to H	Rolande Hooklyn	0414 790 233
Inverell	<i>Line Dancing,</i> Inverell Bootscooters Masonic Hall, Otho St	<i>Beginner: L</i> <i>Advanced: M to H</i>	Joyce Rollinson	6725 4056 0427 850 036
Texas (QLD)	<i>Line Dancing,</i> Texas Line Dancers Memorial Hall, High St	<i>Beginner: L</i> <i>Advanced: M to H</i>	Joyce Rollinson	6725 4056 0427 850 036

YOGA

Town	Location	Intensity	Contact	Number
Inverell	Inverell Yoga Club, Ross Hill School Library, Brown St	L to H	Kay Gardiner	6722 4884

ZUMBA GOLD (for seniors)

Town	Location	Intensity	Contact	Number
Bingara	Bingara Civic Centre, Maitland St	L	Alexandra Stones	0437 241 031
Warialda	Memorial Town Hall, Hope St	L	Alexandra Stones	0437 241 031

ZUMBA

Town	Location	Intensity	Contact	Number
Bingara	Bingara Civic Centre, Maitland St	M	Alexandra Stones	0437 241 031
Warialda	Memorial Town Hall, Hope St	M	Alexandra Stones	0437 241 031

Programs for other health benefits

AQUA

Town	Location	Intensity	Contact	Number
Bingara	Bingara Swimming Centre, Old Keera Road <i>(summer only)</i>	L	Alexandra Stones	0437 241 031
Inverell	Water exercises Inverell Swimming Pool, Evans St	M	Rick Potts, McLean Care Community	6721 5406 or 1300 131 012
Inverell	Aqua body sculpt, Inverell Swimming Pool, Evans St	L to H	Shelley Hodges	0412 001 364
Inverell	Sensational Seniors, Aqua mobility Inverell Swimming Pool, Evans St	L to H	Lorraine Bell	6721 0750 0427 210 750

AQUA (continued)

Town	Location	Intensity	Contact	Number
Warialda	Ladies only class Warialda Swimming Centre, Geddes Street (summer only)	L	Alexandra Stones	0437 241 031
Warialda	Aqua aerobics Warialda Swimming Centre, Geddes Street (summer only)	M	Alexandra Stones	0437 241 031

WALKING GROUPS

Town	Location	Intensity	Contact	Number
Ashford	Country Loving Walkers, meet at Ashford Community Health, Kneipp St	L to H, caters for all ability levels	Jodi Lennon	0428 630 959
Inverell	Riverside walk, Meet at Welcome Back carpark	L	Jan Harris	6721 9600
Tingha	Early Risers (meet at 6 am) Meet at front of Tingha School, Ruby Street	M	Janette	6723 3165
Warialda	Warialda MPS, meet at Football Oval, Holden St	L to M	Christine Connor	6728 9026 or 6729 0000

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

GYM BASED PROGRAMS

Contact the Gym for more details about classes and individual exercise programs

Town	Classes catering for over 50s	Gym name	Number
Inverell	Cardio Fitness, Sun-do Yoga, Tai Chi and stretching	Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St	6721 1112
Inverell	Body Balance, Body Vive	Pro Active Gym, 146-150 Sweeney St	6722 5225
Inverell	RIP	Bounce Fitness Inverell, 35 Otho Street	0432 538 782
Inverell	Boot camp, Boxing classes	Anytime Fitness, Central Plaza Byron St	6721 4820
Warialda	Adults Circuit, Punchfit, Aqua aerobics	WOW Fitness, 72 Hope Street	0437 241 031 6729 0188

MORE INFORMATION

For **more details** about exercise **programs in your local area** that incorporate balance and strength exercise components please visit the NSW Health "Active and Healthy" web directory <http://www.activeandhealthy.nsw.gov.au/> to FIND exercise programs across NSW.

If you offer classes that cater for people aged 50 and over, we recommend you go to the above website and register your program details. Participation is **absolutely FREE**.

The directory will be used by local communities, health professionals (general practitioners, physiotherapists, etc) exercise leaders, and Area Health Service staff to identify recommended physical activity programs in their local area, and refer clients to recommended programs.