

Community physical activity options for people aged 50 and over

Details current as at 15/12/09

Please check with venue or class contact prior attending

INVERELL

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

TAI CHI	CONTACT	MON	TUES	WED	THURS	FRI	SAT
Tai Chi and Stretch Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St Intensity L to M	Nick King 6721 1112			7.30 to 8.15 am			9 am
Tai Chi Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St Intensity L	NECCS – for bookings please contact Nicole James 6721 5406 or 1300 131 012					9.30 am	

OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
Gentle Stretch McLean Village Gymnasium, Killean Street Intensity L	NECCS – for bookings please contact Nicole James 6721 5406 or 1300 131 012	9 to 10.30 am			9 to 10.30 am	
Power Yoga and Stretch and Tone Inverell Public School Hall Intensity L to H	Shelly Hodges 6722 5435 0412 001 364				7 pm	
Yoga Stretch Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St Intensity L to M	Nick King 6721 1112			9.30 am		
Cardio Fitness Nick Kings Lifestyle Centre, Cnr Evans and Lawrence St Intensity L	Nick King 6721 1112		9.30 to 10 am		9.30 to 10 am	

PILATES	CONTACT	MON	TUES	WED	THURS	FRI
Skye Bridge Building Otho Street	Brent Rieding 0432 538 782	5.30 pm		5.30 pm		

Intensity L						
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Programs for *other health benefits*

AQUA	CONTACT	MON	TUES	WED	THURS	FRI
Water exercises Inverell Swimming Pool, Evans St Intensity M	NECCS – for bookings please contact Nicole James 6721 5406 or 1300 131 012			10.45 am		10.45 am
Sensational Seniors Aqua mobility Inverell Swimming Pool, Evans St Intensity M to H	Lorraine Bell 6721 0750 0427 210 750	11 am			12 pm	
Aqua Body Sculpt Inverell Swimming Pool, Evans St Intensity L to H	Shelly Hodges 6722 5435 0412 001 364	6 pm (summer)			6 pm (year round)	

WALKING GROUP	CONTACT	MON	TUES	WED	THURS	FRI
Inverell Hospital Swanbrook Road Riverside walk Intensity L	Bev Jones 6721 9555			7.30 to 8.30 am		

DANCING	CONTACT	MON	TUES	WED	THURS	FRI
Belly Dancing (all ages) Inverell Public School Hall Intensity L to H	Shelly Hodges 6722 5435 0412 001 364		5.15 pm Beginner adult 6 pm Body Sculpt			

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
Inverell Yoga Club Ross Hill School Library Brown Street Intensity L to H	Kay Gardiner 6722 4884		6 pm			

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

GYM based programs	CONTACT	MON	TUES	WED	THURS	FRI
Pro-Active Health and Fitness Centre Sweaney St Bodyvive Body Balance	Susan or Ben at Gym 6722 5225 Contact the gym for more details about these classes and individual exercise programs		4.45 pm	9.30 am 6 pm	9.30 am	6 am

BUNDARRA

Program with *some balance and strength*

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
Bundarra Town Hall Intensity L	Tania Mills 6723 7601		9.30 am			