

Community physical activity options for people aged 50 and over

Details current as at November 2011
Please check with the contact person before attending

MEHI CLUSTER

(Boggabri, Moree, Mungindi, Narrabri, Wee Waa)

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
Boggabri	Boggabri RSL Club, Laidlaw Street	L to H	Jenny Bowles	0428 326 089
Narrabri	Narrabri Community College, Shop 3, 100 Maitland Street <i>(other classes by appointment)</i>	L	Fay Barrett	6793 5308
Moree	Moree PCYC Boston Street	L	Neal Sanders	0404 258 672
Mungindi	Mungindi Multi-Purpose Service, 153 St George St, <i>(starting 1 March 2012, 10 week program)</i>	L	Marie Rossiter	6705 6100 <i>(Contact Marie to express interest)</i>

Short term programs addressing falls risk (balance and strength)

STEPPING OUT

Town	Location	6 week program	Contact	Number
Narrabri	Narrabri Community Health	Contact Catriona for more information and to express an interest	Catriona Murray	6799 2000

OTHER programs with *some* balance and strength

HEARTMOVES

Town	Location	Intensity	Contact	Number
Boggabri	Boggabri RSL Club, Laidlaw Street	L	Tanya Harris (Focus Fitness)	0459 557 593
Moree	RE Health, 81 Heber St <i>(new classes starting soon) Contact Dale for more information and to express an interest</i>	L to M	Dale Hartin	0427 050 485
Narrabri	Fitness Oasis, 43 Cooma Road	L	Scott	6792 4995

GENTLE EXERCISE

Town	Location	Intensity	Contact	Number
Moree	<i>Pilates, Tai Chi, Yoga</i> Moree PCYC Boston Street	L to M	Moree PCYC	6752 3741
Moree	<i>Circuit boxing for fitness</i> Moree PCYC Boston Street	M to H	Moree PCYC	6752 3741
Narrabri	“Young at heart” Uniting Church Hall, Nandewar St <i>(HACC clients only)</i>	L	Marie Cuell	6792 3910

YOGA

Town	Location	Intensity	Contact	Number
Burren Junction	Burren Junction Shire Hall	L to M	Nanette	0427 967 216
Narrabri	Narrabri Primary School Hall, 90 Barwan St (access from Balonne St)	L to M	Nanette	0427 967 216
Narrabri	Life styles4u training studio, 1/69 Maitland St	L	Jass Singh	0430 627 168
Narrabri	<i>Traditional Hatha Yoga</i> Fitness Oasis Gym, 43 Cooma Rd	M	Natalie Shimshawser	6792 5711
Narrabri	<i>Dru Yoga</i> (2 classes) St Barnabas, Bullawa Creek	L to M M to H	Fay Barrett	6793 5308
Spring Plains	Spring Plains Hall, 3806 Spring Plains Road	L to M	Nanette	0427 967 216

PILATES

Town	Location	Intensity	Contact	Number
Moree	Anglican Church Hall, Albert St	L to H	Peta Caroll	0429 381 166
Moree	Curves, Shop 2 & 4, 75 Heber St	L to H	Peta Caroll	0429 381 166
Narrabri	Life styles4u training studio, 1/69 Maitland St	L	Jass Singh	0430 627 168
Narrabri	Fitness Oasis Gym, 43 Cooma Road	M	Scott	6792 4995

Programs with balance elements

DANCE

Town	Location	Intensity	Contact	Number
Moree	<i>Zumba</i> Moree Town Hall, Balo Street	L to H	Sandra Farmer	0427 526 701 6752 6701
Narrabri	<i>Zumba</i> Narrabri West School, 6 Cooma Rd (near the train line)	L to H	Sandra Farmer	0427 526 701 6752 6701

LINE DANCING

Town	Location	Intensity	Contact	Number
Moree	Moree Services Club, Albert St	L to H	Michelle Chalmers	0428 995 606
Narrabri	Narrabri RSL, Maitland St	L to M (<i>beginners</i>) M to H (<i>intermediate</i>)	Colleen Taylor	0428 410 828

Programs for *other health benefits*

AQUA

Town	Location	Intensity	Contact	Number
Moree	<i>Aqua Zumba</i> (when pool reopens) Moree Swimming Pool, Anne St	L	Sandra Farmer	0427 526 701 6752 6701

WALKING

Town	Location	Intensity	Contact	Number
Boggabri	<i>Fit Walkers</i> Meet at Green seat, near Boggabri Health Service, Grantham St (60 mins)	M	Genelle	6743 4413

WALKING continued

Town	Location	Intensity	Contact	Number
Mungindi	Meet at Mungindi Multi-Purpose Service, 153 St George St	L to H	Marie Rossiter	6705 6100
Narrabri	<i>Currently meet at:</i> Narrabri Community Health, 93-95 Barwan St (once the Narrabri Health Service Redevelopment is completed - approx. Dec 2011) <i>meeting place will change to:</i> Narrabri Hospital, Cameron St	L to M	Karen Baker Pam Forster	6799 2026

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
Moree	Turbo Fitness, Spin bikes, Fitbox, Combat Zone	Moree PCYC, Boston St	6752 3741
Moree	Individual gym programs for women only	Curves, Shop 2 & 4, 75 Heber St	6751 1923
Moree	<i>Assessment by personal trainer required prior to joining classes:</i> Yoga, Personal strength, Walking groups	Sportsweb Gym, 1/35 Heber St	6752 7678
Narrabri	Circuit classes, Powerbar, Boxfit	Fitness Oasis, 43 Cooma Rd	6792 4995

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.