

# Community physical activity options for people aged 50 and over

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

## UPPER HUNTER

(Denman, Merriwa, Murrurundi, Muswellbrook, Quirindi, Scone, Werris Creek, Willow tree)

### 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

#### TAI CHI

Town	Location	Intensity	Contact	Number
Muswellbrook	CWA Hall, Market St (next door to Ambulance station)	L to H	Patricia Collins	0418 119 903
Scone	Scone Primary School Multi-purpose Hall, Liverpool St	L to H	Patricia Collins	0418 119 903
Scone	Bill Rose Sporting Complex, Kingdon Street	L to M	Mrs Lee Watts Scone Neighbourhood & Resource Centre	6545 2562
Tambar Springs	Tambar Springs Hall ( <i>contact Jenny to express an interest</i> )	L to M	Jenny Donaldson	0428 658 773

#### ACTIVE OVER 50

Town	Location	Intensity	Contact	Number
Muswellbrook	Muswellbrook Workers Club, 15 Sydney St	L to H	Julie Sneddon	6543 2517

#### BODY BALANCE

Town	Location	Intensity	Contact	Number
Muswellbrook	Muswellbrook Library, Bridge St	L to H	Julie Sneddon	6543 2517

### OTHER programs with *some* balance and strength

#### HEARTMOVES

Town	Location	Intensity	Contact	Number
Quirindi	Quirindi Recreation Centre, 62 Station St	L to M	Rebecca Holland	6746 3122
Scone	Scone Neighbourhood Centre, Cnr Liverpool and Main Sts	L	Susan Gleeson	0407 452 916

#### GENTLE EXERCISE

Town	Location	Intensity	Contact	Number
Quirindi	Quirindi Recreation Centre, 62 Station St <ul style="list-style-type: none"> <li>• Core</li> <li>• Group personal training</li> <li>• Yoga Hop</li> <li>• Light Weight</li> </ul>	L to H L to H M M	Rebecca Holland	6746 3122
Scone	<i>Stretch and Fitball</i> Xtra Fit Gym, 79 Scott St	<i>Morning class:</i> L to M <i>Evening class:</i> M to H	Xtra Fit Gym	6545 9915
Scone	<i>Stay Active</i> Xtra Fit Gym, 79 Scott St	L to M	Xtra Fit Gym or Susan Gleeson	6545 9915 or 0407 452 916
Werris Creek	<i>Circuit class</i> bus from Werris Creek Community Health to Quirindi Recreation Centre	L to M	Yvonne Woods	0427 676 829

## YOGA

Town	Location	Intensity	Contact	Number
Denman	Denman Anglican Parish Hall, Cnr Turtle and Palace St	L to M	Tracy Main	0410 204 528
Murrurundi	<i>Yoga in Murrurundi</i> St Paul's Church Hall, Mount St	M	Debra McLean	0403 612 294
Muswellbrook	<i>Yoga stretch (Stretch for Health)</i> Uniting Church Hall, Bridge St (next door to Holden dealership)	L to M	Harry Ford	0422 105 631
Scone	<i>Yoga stretch (Stretch for Health)</i> Scone Neighbourhood Centre, Liverpool St	L to M <i>beginners class: L</i>	Harry Ford	0422 105 631
Scone	<i>Yoga stretch (Stretch for Health)</i> Scone Public School, Liverpool St	M	Harry Ford	0422 105 631
Willow tree	<i>Yoga stretch (Stretch for Health)</i> Willow tree Hall, New England Hwy	L	Harry Ford	0422 105 631

## ZUMBA

Town	Location	Intensity	Contact	Number
Denman	Denman RSL, Paxton St	L to H	Christine Scott	6547 5183
Denman	<i>Zumba toning (bookings required)</i> Denman RSL, Paxton St	M to H	Christine Scott	6547 5183
Muswellbrook	Muswellbrook Uniting Hall, Bridge St	L to H	Christine Scott	6547 5183
Muswellbrook	Muswellbrook Workers Club, 15 Sydney St	L to H	Christine Scott	6547 5183

## ZUMBA GOLD

Town	Location	Intensity	Contact	Number
Muswellbrook	Muswellbrook Uniting Hall, Bridge St	L to M	Christine Scott	6547 5183

## Programs with balance elements

### ACTIVE OVER 50 DANCE

Town	Location	Intensity	Contact	Number
Merriwa	Merriwa RSL Auditorium, Bettington St	L	Sharon Whitaker	6548 2662

## DANCE

Town	Location	Intensity	Contact	Number
Muswellbrook	<i>Muswellbrook Line Dance Express</i> Muswellbrook Workers Club, 15 Sydney St	<i>Beginner: L</i> <i>Intermediate: L to M</i>	Stephanie Day or Pam Smith	6543 7335 or 6543 2728
Muswellbrook	<i>Hunter Valley Social Dance group</i> (old time and new vogue) Muswellbrook Workers Club, 15 Sydney St	L to M	Harry Aquilina	6543 2509
Scone	<i>Muswellbrook Line Dance Express</i> Scone Bowling Club, Gundy Rd	<i>Beginner: L</i> <i>Intermediate: L to M</i>	Stephanie Day or Pam Smith	6543 7335 or 6543 2728

## TAI CHI

Town	Location	Intensity	Contact	Number
Murrurundi	Murulla St, <i>Contact leader for more details</i>	L	Lynne Mahony	6546 6372

## YOGA

Town	Location	Intensity	Contact	Number
Breeza	Community Hall	L to H	Jan Parker	6765 3668
Scone	Scone School of the Arts, Kingdon St	L to H	Jan Parker	6765 3668
Spring Ridge	Community Hall	L to H	Jan Parker	6765 3668

### Programs for *other health benefits*

## AQUA

Town	Location	Intensity	Contact	Number
Muswellbrook	Muswellbrook Pool, Wilkinson Ave	L to H	Julie Sneddon	6543 2517

## AQUA ZUMBA

Town	Location	Intensity	Contact	Number
Quirindi	Quirindi Pool, Whittaker St <i>(summer only)</i>	L to H	Rebecca Holland	6746 3122
Werris Creek	Werris Creek Pool, Coronation St <i>(summer only)</i>	L to H	Rebecca Holland	6746 3122

## WALKING

Town	Location	Intensity	Contact	Number
Murrurundi	"Dotties Wanderers" <i>meet at</i> Wilson Memorial Oval, New England Highway	M	Dorothy	6546 6168
Tambar Springs	<i>meet at</i> Tambar Springs School	L to M	Jenny Donaldson	0428 658 773
Werris Creek	"Making tracks" <i>meet at</i> David Taylor Park, Park St	L to H	Yvonne Woods	0427 676 829

### 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
Merriwa	Currently no classes, individual program only	Merriwa Fitness Centre, next to Merriwa Sports Club, King George the Fifth Ave	0417 665 722 (Robyn Dorney)
Muswellbrook	Individual strengthening programs <i>(for women only)</i>	Curves, Unit 1 - 4, 30-34 Brook St	6541 2115
Muswellbrook	Bowies Blowout Boxing4fitness, One off individual programs by Exercise Physiologist	Muswellbrook PCYC, Cnr Carl & Market Sts	6541 1434
Muswellbrook	Individual programs STAFFED HOURS: Monday to Friday: 10am - 6.30pm; Saturday: 10am - 12pm, Boot camp commencing Feb 2012	Anytime Fitness, C3 Muswellbrook Fair <i>(next to Dominos)</i> , 19 Rutherford Rd	6541 5433
Quirindi	Zumba, X55, Kick Boxing	Quirindi Recreation Centre, 62 Station St	6746 3122
Scone	Power	Xtra Fit Gym, 79 Scott St	6545 9915

## 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.