

Community physical activity options for people aged 50 and over

Details current as at 15/12/2010

Please check with class contact prior attending.

PEEL REGIONAL

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 but do not use your arms.

People over 50 should do some form of physical activity, no matter what their age, weight, health problems or abilities.

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

Programs for Balance and Strength

RECOMMENDED balance and strength programs

BALANCE AND STRENGTH

No classes currently available

TAI CHI

No classes currently available

OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
KENTUCKY Community Hall Intensity M	Leah Von Ahlburg 0427 277 868				5 pm	
NOWENDOC Community Hall Intensity L to M	Leah Von Ahlburg 0427 277 868		10.30 am			
NYANGLA Community Hall Intensity M	Leah Von Ahlburg 0427 277 868		8.30 am			
QUIRINDI <i>Heartmoves</i> Quirindi Recreation Centre, 62 Station Street Intensity L to M	Rebecca Holland 6746 3122 (Thursday class) Yvonne Woods 0427 676 829	10.30 am		10.30 am	11.30 am (bus to Gym from Werris Creek Community Health)	

Programs for *other health benefits*

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
BREEZA <i>Traditional Hathra Yoga</i> Community Hall Intensity L to H	Jan Parker 6765 3668		1 to 2 pm			
DURI <i>Traditional Hathra Yoga</i> Community Hall Intensity L to H	Jan Parker 6765 3668			10 to 11 am		

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
NEMINGHA <i>Traditional Hathra Yoga</i> Nemingha Primary School Intensity L to H	Jan Parker 6765 3668	5.45 to 6.45 pm				
SCONE <i>Traditional Hathra Yoga</i> School of the Arts Intensity L to H	Jan Parker 6765 3668	11.30 am to 12.30 pm				
SPRING RIDGE <i>Traditional Hathra Yoga</i> Community Hall Intensity L to H	Jan Parker 6765 3668		11 am to 12 pm			

AQUA AEROBICS	CONTACT	MON	TUES	WED	THURS	FRI
WERRIS CREEK Werris Creek Pool Intensity L to M	Barbara Williams 0416 067 149		2 pm			

WALKING GROUP	CONTACT	MON	TUES	WED	THURS	FRI
WERRIS CREEK "Making tracks" Meet at David Taylor Park, Park Street Intensity L to H	Yvonne 0427 676 829			8 am		8 am

ZUMBA	CONTACT	MON	TUES	WED	THURS	FRI
NEMINGHA Nemingha Hall Back Kootingal Road Intensity L to H	Renaë Sweeney 0432 124 322				6 to 7 pm	