

ACTIVITY -

WHO NEEDS IT?

You do !



A number of fitness centres, senior groups and other organisation are now offering this program. Examples of activities include exercise classes, walking groups, Tai Chi and aquafitness.

Your small investment will assist in improving your fitness and wellbeing.

**To participate just telephone:
1300 887 776**



**Enquiries:
1300 887 776**

Or ask here . . .

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HUNTER NEW ENGLAND
NSW HEALTH



active
over
50



Are you over 50 ?

Would you like to improve
your health, have fun and meet new
people at the same time ?

Then this program is for you !





WHAT IS THE ACTIVE OVER 50 PROJECT?

This project has been funded by the Commonwealth Department of Health and Family Services to encourage people Over 50 to become more active. The program aims to provide you with an opportunity to have fun, meet new people and enjoy the benefits of increased activity.

One of the most successful ways to increase overall health is to regularly take part in a physical activity that will increase your fitness.

You will also be less likely to:

- have a heart attack.
- develop diabetes.
- develop osteoporosis.
- develop colon cancer.
- have injuries due to falls.

For this reason we have designed the Active Over 50 program.

WHY SHOULD I BECOME MORE ACTIVE?

Being physically active benefits your current and future health. You will notice improvements in your health and well being if you accumulate 30 minutes of physical activity at least 5 days a week.



What do I gain?

- Improved functioning and mobility
- Stronger muscles and joints
- Improved balance and lessened risk of falls injury
- Improved weight control
- Lowered risk of heart and other chronic diseases
- Meet new friends

POINTS TO CONSIDER:

- Check with your general practitioner before starting.
- Stop if you have pain, shortness of breath or heart palpitations.
- Avoid the hottest part of the day.
- Drink water before, during and after activity.
- Above all, choose an activity that you enjoy.
- Wear comfortable clothing and suitable footwear when participating.

