

Community physical activity options for people aged 50 and over

Details current as at 29/7/10 (additional classes added December 2010)
Please check with venue or class contact before attending

TAMWORTH

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

BALANCE AND STRENGTH	CONTACT	MON	TUES	WED	THURS	FRI
Club Synergy 106 Kable Ave Intensity M	Club Synergy 6766 8388	2 pm				
Tamworth Community Centre Darling Street Intensity L to M	Centreboard Media 6766 3893 (bookings essential)				2 pm	

TAI CHI	CONTACT	MON	TUES	WED	THURS	SAT	SUN
Tai Chi Indoor and Outdoor – <i>Contact Brian for details</i> Intensity L to M Beginners workshop also available	Countrywide Tai Chi/Qigong College Brian Gregson 6766 6706		8.45 am		8.45 am		9.15 am
Centre of Wisdom School of Tai Chi Mary Help of Christian Church Hall Hillvue Rd Intensity L to M	John Bishop 6766 1522		7 pm Beginners 8 pm Advanced				
Tai Chi Girls Guide Hall Jean Street West Tamworth Intensity (by class)	Australian Academy of Tai Chi Joyce Garland 6765 8292		10-11 am Beginners (L) 7-8 pm (M)				
Tai Chi Club Tamworth Primary School Hall Napier Street Intensity M (also includes weapons)	Australian Academy of Tai Chi Joyce Garland 6765 8292	6.15 pm					

OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
Gentle exercise Tamworth Community Centre Darling Street Intensity (by class)	Tamworth Community Centre 6766 4480	9 am (L to M)		9 am (L to M)		9 am (L)
Heartmoves HNEAHS Staff Fitness Centre (in Breastscreen Building) Dean Street Intensity (by class)	Maxine or Christine 6767 8330	8.15 am (M) 9.30 am (L to M)			8 am (L to M)	8.15 am (M) 9.30 am
Heartmoves St Edwards Church Hall Hillvue Rd (top next to the Church) Intensity L to M	Maxine or Christine 6767 8330			9 am		

Programs for *other* health benefits

YOGA	CONTACT	MON	TUES	WED	THURS	FRI
Traditional Hathra Yoga West Tamworth Primary School, Bridge Street Intensity L to H	Jan Parker 6765 3668		6 to 7 pm			
Traditional Hathra Yoga <i>Contact Jan for details</i> Intensity L to H	Jan Parker 6765 3668				10.30 to 11.30 am	

AQUA	CONTACT	MON	TUES	WED	THURS	FRI	SUN
Tamworth Hydrotherapy Pool Aquarobics Aqua easy Joints in motion Aqua circuit Intensity (by class)	Maxine or Christine 6767 8330	9.30 am 5.30 pm (M)	6 pm (M)	5.30 pm (M) 9.30 am (L)	11 am (L) 6 pm (M)	9 am (L to M)	4.15 pm (M to H)

AQUA	CONTACT	MON	TUES	WED	THURS	FRI	SUN
360 Fitness Club Cnr Belmore and In Streets, West Tamworth	360 Gym 6762 3639		10.30am		6 pm	10.30am	

ZUMBA	CONTACT	MON	TUES	WED	THURS	FRI
St Patricks Hall Denison St West Tamworth Intensity L to H	Renaee Sweeney 0432 124 322	6 to 7pm				6 to 7pm

DANCING	CONTACT	MON	TUES	WED	THURS	FRI
Tap Dancing Oxley Bowling Club Piper Sreet Intensity M	Robyn Kaluder 6764 0133 0427 468 317	5.30 pm				
Ballroom Dancing Oxley Bowling Club Piper Street Intensity M	Robyn Kaluder 6764 0133 0427 468 317	7 pm				
Line Dancing Oxley Line Dancers Oxley Bowling Club Piper Sreet Intensity (by class)	Oxley Line Dancers Pam Taggart 6769 4292		Intermediate 8.30 to 10 am (M to H) Beginners 10 am to 12 pm (L to M)			

WALKING GROUP	CONTACT	MON	TUES	WED	THURS	FRI	SAT	SUN
Heart Foundation Walking Group <i>Call contact for details</i>	North West Slopes Division of General Practice 6766 1394		10 am					
Tamworth Happy Wanderers meet at Bicentennial Park Intensity level varies (Call or download upcoming walk timetables)	Department of Sport and Recreation 131302 6766 1200 www.dsr.nsw.gov.au		8 am		8 am			8 am
Weight Watchers Walking Group Bicentennial Park (River Walk) 1st Sunday of every month	0422 600 014							9 to 10 am
Healthy Inspirations (women only) 415 Goonoo Goonoo Rd	Healthy Inspirations 6762 8400						7 am	

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

GYM based programs	CONTACT	MON	TUES	WED	THURS	FRI	SAT	SUN
Contact the Gyms for more details about classes and individual exercise programs								
Fitness Plus 172 Peel Street Body Balance Pilates	Fitness Plus 6766 4665	9 am 7.30 pm	7.30 pm	9.30 am 4.30 pm	6.30 pm			9.30 am
360 Fitness Club Cnr Belmore and In Streets Body Balance Meditation	360 Gym 6762 3639	10.30am		10.30am 1 pm		10.30am 5.30 pm	10.30am	4 pm
Club Synergy 106 Kable Ave Young at Heart Body Balance	Club Synergy 6766 8388			11.45am	6.30 pm		10.30am	

GYM based programs	CONTACT	MON	TUES	WED	THURS	FRI	SAT	SUN
Healthy Inspirations (women only) 415 Goonoo Goonoo Rd Body Balance Pilates	Healthy Inspirations 6762 8400		9.30 am	6 pm	9.30 am	5.15 pm		

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OTHER programs with *some* balance and strength

GENTLE EXERCISE	CONTACT	MON	TUES	WED	THURS	FRI
HACC Centre Intensity L to M	Tamworth Community Centre 6766 4480			10 am		

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.