

Active Living

for older adults

A guide to physical activities available for the older adult in Townsville

Active Living for Older Adults is designed to give older adults an awareness of many of the physical activities that are available in the Townsville area. Undertaking physical activity is a great way to improve and maintain stamina, strength, balance, flexibility and co-ordination, while providing a wonderful opportunity to meet people and enhance your social life.



Active Living - what are the benefits?

Being active for at least 30 minutes everyday is recommended to improve or maintain one's health. This can be 30 minutes of continuous activity or three 10-minute-blocks of moderate activity per day. Thirty minutes of physical activity on most days will help you to:

- Have stronger bones and muscles, which help reduce injury
- Be more flexible and mobile
- Reduce your risk of heart disease, diabetes, high cholesterol and high blood pressure
- Have better blood glucose control and weight management
- Be more relaxed, have improved sleeping patterns and feel well

Information on other clubs

For information on other recreational activities and clubs, please contact or visit the Community Information Centre:

Phone: 4771 4230

1st Floor, Northtown

Email: cic@townsville.qld.gov.au

Fax: 4771 4271

Flinders Mall, Townsville

Website: www.townsville.qld.gov.au/cic

Things to consider when undertaking physical activity:

- **Ask your Doctor** If you have not been physically active for some time or have a history of serious injury, heart problems or high blood pressure, you may want to consult your Doctor.
- **Medication** Ask your Doctor if your medication will need to be altered.
- **Nutrition** Good nutrition is important for your overall health and wellbeing. Eating a wide variety of nutritious foods (including wholegrain breads and cereals, plenty of fruit and vegetables, choosing low fat dairy products and foods low in salt, saturated fats and sugars) will assist in maintaining energy levels and strong, healthy bones.
- **Water** Water is the best thirst quencher, yet most people don't drink enough! Your body needs about two litres (eight glasses) of water a day for healthy kidney function, body temperature regulation and to prevent constipation. Water intake in hot and humid environments such as Townsville is vital as when you become even a little bit dehydrated, it is harder for your body to keep cool. So remember a water bottle when exercising.

What to ask when you phone a recreation club or group:

- **Where** location, distance from home
- **When** times, days, how often
- **How** transport, bus/ferry times
- **Cost** transport, classes, fees, hiring of equipment
- **What you will need to bring** shoes, towel, hat and water bottle
- **Activity Leader** ask about their qualifications and experience and whether they have a First Aid Certificate. You may also wish to advise them of any health complications you may have so that the activities/exercises you have chosen are best suited to your needs and fitness level.

ARCHERY

Archery assists in strengthening the shoulder, back and abdominal muscles and improves core stability and eye coordination.

Rowes Bay Archery Club of Townsville Inc
Ph: 4772 4368 d'Arcy Clayton

Townsville PCYC (Aitkenvale, Ph: 4779 5843)
Ph: 0435 133 404 John Skewes

Townsville District Bow Hunters (Condon)
Ph: 4778 0140 Robin Woodfield

AQUA AEROBICS

Strengthens and tones muscles, improves flexibility and balance. A safe, low impact workout.

Castle Hill PCYC
Ph: 4772 3883

Paul Sadler Swimland (Riverside Gardens)
Ph: 4779 4647

Kirwan Fitness (Oct May)
Ph: 4773 5244

Fitness Concepts
Ph: 0410 196 907

Susanna Tope
Ph: 0413 152 231

Finomenal Fitness Riverway Community Centre
Ph: 0423 110 175

Rhonda's Fitness for Ladies
Ph: 4773 336 or 0488 966 335

Long Tan Memorial Swimming Pool (Heatley)
Ph: 4725 1573

Tobruk Memorial Baths (The Strand)
Ph: 4772 6550

BADMINTON

Badminton can improve your fitness, coordination and balance.

Townsville Badminton Association, Ph: 0417 756 157 Michelle Bailey

BOCCE

Bocce is similar to lawn bowls with the main difference being that participants gently lob the balls towards the jack - as opposed to rolling them along the ground.
Townsville Italo Australian Sporting Association, Ph: 4779 8019 Club
Townsville Senior Citizens (Belgian Gardens), Ph: 4773 7198 Max Burge

BOULES (Petanque)

Boules is a bowls game that originated in France last century and is played in over 90 countries world wide. Steel balls (boules) are used and the game can be played on almost any surface

Alliance Francaise de Townsville Ph: 0404 096 406 Gilles Morel
Meet last Sunday of month at Rossiter Park, Aitkenvale

BOWLS & TEN PIN BOWLING

Bowling is a sport for all ages. It's an opportunity to join a social club, have fun and get some exercise.

Indoor Bowls

Upper Ross Police Citizens' Youth Club (PCYC) Ph: 4789 2145

Townsville Police Citizens' Youth Club (PCYC) Aitkenvale
Ph: 4779 8040

Saunders Beach Community Centre Ph: 4778 6122

Townsville Senior Citizens (Belgian Gardens) Ph: 4773 7198
Max Burge

Lawn Bowls

For your local Bowls Club contact Community Information
Centre Ph: 4771 4230

Ten Pin Bowling

Kirwan Tenpin Bowl Ph: 4773 2133

Mt Louisa Lanes Ph: 4779 7804

Magnetic North Tenpin Bowling Association Ph: 4728 1466



DANCING

Dancing is a wonderful exercise for releasing tension, freeing our muscles and joints and also raising our spirits.

Ballroom/Modern/Old Time/Latin

Dancetime Studios (Hermit Park)

A dance studio that offers the fun and fitness of dance to the general public in a social environment

Ph: 0414 688 590 Richard Donnelly

RSL Tunes on Tuesday (Hermit Park)

Entertainment, singing and dancing

Ph: 4759 9524

Castle Hill PCYC

Vogue and old-time dancing to taped music. Social get together for those who enjoy dancing

Ph: 4788 8469 or 0407 469 998 Barry Saunders

Townsville Social Dance Club (Heatley)

New Vogue Sequence dancing

Ph: 4779 8294 Joan McDonagh Ph: 4773 1490 Merle

Townsville Variety Dancing Circle (West End)

New Vogue, modern sequence and old-time dancing plus social dance nights

Ph: 4772 3146 or 0413 613 544 Kevin

Sunday Dance Group (Heatley)

Old-time and New Vogue demonstrations and teaching of new dances.

Ph: 4728 8954 or 0417 197 624 Dennis



Belly Dancing

Belly Dancing exercises every body muscle. It builds and supports muscle tone and is especially good for the back and hips. It promotes balance and coordination.

Scimitar Moon Belly Dance Centre (Garbutt)
Ph: 0409 700 037 Cara



Square Dancing

Sun City Square & Round Dance Club
(Heatley) Ph: 4779 3513

FELDENKRAIS

Feldenkrais therapy assists people to maintain healthy mind and body function. This therapy is helpful for people who are recovering from stroke, spinal disorders, chronic pain, arthritis and muscular injuries.

Motionwise
Ph: 0417 451 296 Kate Osborne
Classes & Workshops
Ph: 4772 2508 or 0428 777 880
Cathy James

GOLF

For your local Golf Club contact
Community Information Centre
Ph: 4771 4230

Clogging

No Dutch clogs involved! Clogging is a very easy style of tap dancing where participants follow the caller who calls out the steps to the dance. Benefits include aerobic and mental fitness.

Barrier Reef Cloggers (Heatley)
Ph: 4724 3195 Una

Sun City Cloggers (Wulguru)
Ph: 4773 3799 Jan

Line Dancing

True Blue Line Dancing (West End)
Ph: 4725 0857 Suzanne

Folk Dancing

International folk dancing from many countries including Greece, Israel, Macedonia, Turkey, Romania and Bulgaria.

Townsville Bush and Folk Dance Group
Ph: 4772 2757 Maurice James

Rock and Roll Dancing

Townsville Twin Cities Rock n Roll Club Inc
(Townsville Golf Club) Ph: 0408 708 877

Scottish Country Dancing

Dances consist of reels, jigs, and strathspeys which are slower dances. A certain amount of fitness is required but enthusiasm is more important.

Townsville Scottish Country Dancing Group
Ph: 4771 6115 Margaret Silke

Seated Dancing

Exercise to music while sitting in a chair. The goal is to increase strength, improve joint mobility and improve balance of older people.

Townsville RSL (Hermit Park) Ph: 4759 9500



ORIENTEERING

Suitable for all fitness levels. Great way to meet people and socialise. If you enjoy walking in the streets, parks or bush, try Orienteering.

Totally Tropical Orienteering Club,
Ph: 4779 9726 Russell Jaycock or
Ph: 0427 794 464 Ian Allen

PILATES

Helps to prevent injury, osteoporosis and osteoarthritis, boosts immune system, increases relaxation and relieves stress.

CorYoga and Pilates Ph: 0421 338 325
Corina Tesolin

ROWING & OUTRIGGING

Improves cardiovascular fitness and builds muscular strength.

Townsville & James Cook University Rowing Club (Douglas)

Ph: 4779 8862 or 4771 6803 Paul

Riverway Rowing Club Ph: 4725 1001

Townsville Outrigger Canoe Club Ph 0400 269 740 Janine

RUNNING

You may want to check with your health professional if you are new to running, if you have not been physically active for some time or if you have a history of serious joint injury, heart problems or high blood pressure.

Hash House Harriers Inc Ph: 4772 3244 Lorraine Garbutt

Townsville Road Runners Inc

Ph: 0419 299 801 Sonya Chalk

STRENGTH & FITNESS CLASSES

Strength and fitness classes are available to suit virtually every level of fitness of the older adult. While some are aimed at the fit and active middle ages, others are geared to the frail and more senior members of our community. Aerobics boosts the immune system and helps improve heart and lung function, joint mobility and muscle strength.



Contours Group Vitality Sessions for 50+
Ph: 4773 2700 or 0412 683 887

Chris Scarfe Fitness Classes (Hermit Park)

Traditional aerobics suitable for all fitness levels

Ph: 4751 5087 or 0403 488 642 Chris Scarfe

Heartmoves (Various venues)

A gentle moderate exercise class for anyone who hasn't exercised in a while or who has a chronic health condition.

Ph: 0427 536 785 Lissa

Health Studio

Classes for older people and those with osteoporosis.

Ph: 4755 0715 Mahn Cooke

Rhonda's Fitness for Ladies

Steady Moves great for beginners and mature aged or anyone getting back into fitness. Slower paced.

Ph: 4773 3336 or 0488 966 335

SWIMMING

Swimming has many health benefits and older adult swimming sessions are very good for people with arthritis and those wanting to learn to swim or returning to swimming. Swimming improves general fitness and wellbeing.

Learn to Swim Classes (Castle Hill PCYC) Ph: 4772 3883

Aussie Rats of Tobruk Masters Swimming (Tobruk Pool, The Strand) Ph: 4772 6550

TABLE TENNIS

Good low impact workout that improves hand eye coordination.

Townsville Table Tennis Association (Hermit Park)

Ph: 4778 3996 Rhonda

Townsville Senior Citizens (Belgian Gardens)

Ph: 4773 7198 Max Burge

Stronger Healthy Active Bodies (SHAB)
Upper Ross PCYC Ph: 4789 2145 &
Aitkenvale PCYC Ph: 4779 5843

Synergy Health & Fitness Solutions
An exercise centre focused on healthy lifestyles & rehabilitation for the mature aged.

Ph: 4724 3250 or 0407 678 017 Dale

Twin Cities Fitness 4 Life

Gentle Gym Seniors strength and fitness training.

Fit'n'Flex Seniors fitness and flexibility class

Ph: 4772 7730 or 0404 013 521

Donna Walton

University of the Third Age (Rising Sun)

Ph: 4779 0550 (Mon 10am Noon)

Check the Yellow Pages for other fitness centres that may run special classes for seniors.

TAI CHI

Improves strength, balance and general health through gentle low impact exercises. Also helps to improve breathing, stimulate circulation and sharpen the mind. No minimal level of fitness is required and Tai Chi is especially good for people with arthritis.

Aitkenvale, Bohle, Heatley Ph: 0412 793 276 Ann Sheehan (Instructor)

Annandale and various locations Ph: 0417 723 871 Paul Jones (Coach)

Garbutt, Townsville West Community Centre Ph: 4779 7268

Hyde Park Centre Ph: 0419 678 715 Maria

Railway Estate Community Hall & The Strand Ph: 4771 2479 Ken Garnett

Townsville CBD Ph: 0434 002 721

University of the Third Age Ph: 4758 1981 Peter

TENNIS

For your local Tennis Club contact Community Information Centre.

Ph: 4771 4230

WALKING

This simple exercise reduces the risk and assists in the management of chronic diseases and can reduce the levels of blood pressure, stress and depression.

Heart Foundation Walking

A community based walking program with volunteer 'walk organisers' who lead small walking groups in their local area. It is free, fun, social and safe.

Ph: 4721 4686 or 0427 619 589 Karen

University of the Third Age Walking

Ph: 4775 3639 John

Bushwalking

Check with the club on the fitness level required for its bushwalks.

Townsville Bushwalking Club Inc Email: info@townsvillebushwalkingclub.com

YOGA

Helps to provide relaxation and a sense of wellbeing and peace of mind.

CorYoga and Pilates Ph: 0421 338 325 Corina Tesolin

Magnetic Island Yoga Ph: 4758 1866

Paripurna School of Yoga (Belgian Gardens) Ph: 4724 5384 Carita

Townsville Yoga Group (Wulguru) Ph: 4778 3009 or 0438 783 009 Florence

Meredith Stark Yoga (Townsville & North Ward) Ph: 4772 1364



Queensland
Stay On Your Feet®

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This brochure was reprinted for the Townsville *Stepping Out* Committee (a community-based group focussing on falls prevention for people over 55 years of age) through the generous support of the Townsville City Council's Community Organisations Grants Program. The Community Information Centre (CIC) updated the information. If you would like to make amendments about your service or comment about this brochure, please contact CIC on 4771 4230.

Disclaimer: Whilst every effort has been taken to ensure that the information contained herein is as accurate as possible, the organising agencies (Queensland Health, Stepping Out Townsville, Townsville City Council and the Community Information Centre) take no responsibility for any errors, omissions or other mistakes and specifically deny any liability whatsoever for any damages resulting to any individuals or groups or organisations resulting from errors, omissions or other mistakes.

Questions to ask yourself...

...Before increasing your physical activity level

Some people should check with their doctor before they start becoming more physically active. If you are planning to become much more physically active than you are now, start by asking the following questions. If you are more than 69 years of age, and are not used to being active, check with your doctor anyway.

**Please read the questions carefully and answer each one honestly.
Tick YES or NO**

| | YES | NO |
|---|-----|----|
| 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? | | |
| 2. Do you feel chest pain in your chest when you do physical activity? | | |
| 3. In the past month, have you had chest pain when you were not doing physical activity? | | |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness? | | |
| 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? | | |
| 6. Is your doctor currently prescribing drugs for your blood pressure or heart condition? | | |
| 7. Do you know of any reason why you should not do physical activity? | | |

If you answered NO to all questions:

- ★ You can start becoming more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- ★ Consult your doctor prior to physical activity, if you have any doubts.
- ★ If you are not feeling well because of temporary illness such as cold or fever, wait until you feel better.

If you answered YES to one or more questions:

- ★ Talk with your doctor BEFORE you start becoming more physically active. Tell your doctor which questions you answered YES to.
- ★ You may be able to do any activity you want, as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk to your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Goal Setting Plan...

Make an appointment for regular physical activity.

1. Write in your regular weekly commitments.
2. Plan what type of physical activity you will do.

MORNING:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |

AFTERNOON:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |

EVENING:

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
| | | | | | | |