



ACTIVE AGEING IN BATHURST



WHY IS PHYSICAL ACTIVITY IMPORTANT AS WE AGE?

Physical activity has been shown to improve overall health, reduce the chance of chronic health conditions and reduce frailty. This means that staying active may help you live longer with a better quality of life.

Increasing physical activity can help:

- Reduce the risk of health issues, like high blood pressure, high cholesterol, type 2 diabetes, bone and joint problems, heart disease and some cancers
- Maintain a healthy weight
- Reduce the risk of falls and injury
- Give you more energy
- Improve your sleep
- Reduce stress and anxiety
- Improve concentration
- Improve your mental health



HOW MUCH PHYSICAL ACTIVITY SHOULD I BE DOING?

It is recommended that you aim for about 30 minutes of moderate-intensity physical activity every day. Moderate-intensity exercise should make you feel a bit breathless, but you should still be able to talk comfortably.

Remember, any movement is better than none.

STAYING SAFE WHILE YOU EXERCISE

- Have a clear space to exercise that is well lit
- Wear comfortable clothing and well fitting shoes
- Drink water before and after exercise
- Start any new activity slowly and carefully
- Keep your phone in reach if you are exercising alone
- Listen to your body. Change the exercise if it causes pain, discomfort or you feel unsteady or unsafe
- Talk to a health professional before you start a new exercise program

TIPS FOR STAYING MOTIVATED

- Start with small changes
- Choose activities you enjoy
- Invite a family member or friend to join you
- Make activity part of your daily routine
- Track exercises in a diary or calendar
- Tell someone about your exercise plans or write them down
- Vary your activities to keep them interesting
- Focus on what you have achieved



Remember:

Incidental exercise is just as important as planned exercise. Walking, gardening and cleaning are great ways to increase movement in your day.

MAKING PHYSICAL ACTIVITY FUN

Staying active can be fun, especially if you socialise at the same time. You may enjoy;



Lawn bowls



Swimming



Gardening



Tennis



Walking groups



Cycling



Golf (with no cart)



Group exercise classes



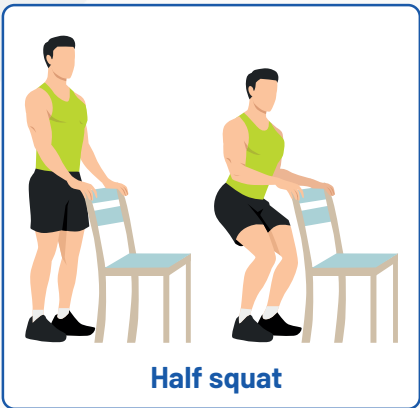
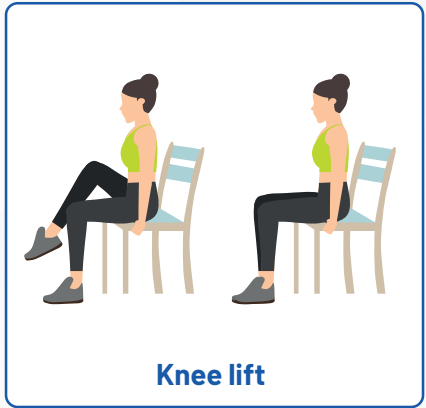
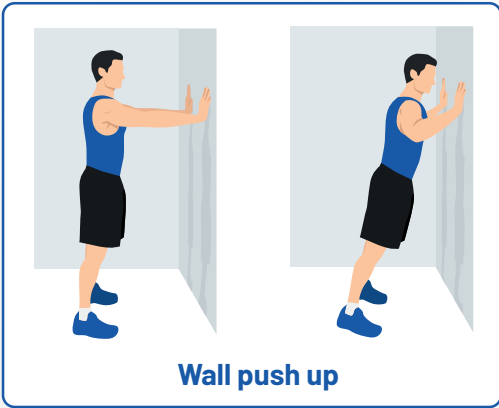
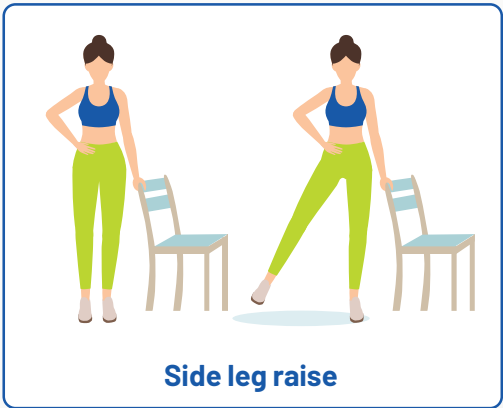
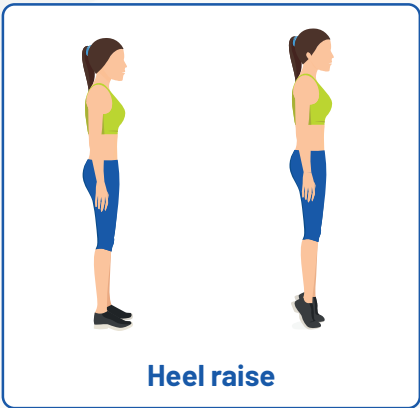
Remember:

Physical activity should involve some effort but shouldn't cause pain. If you experience pain or other symptoms such as dizziness or heart palpitations when you exercise, stop the activity and see your doctor.



EXERCISES TO DO AT HOME

Building activity into your day doesn't have to be hard. You can set aside a specific time each day or fit in some exercises while waiting for the kettle to boil or watching TV. Try these exercises at home.



LOCAL DIRECTORY

Bathurst Men's Walk and Talk

Bathurst Men's Walk and Talk is a men's only walking group who meet each Thursday at 5:30pm at Lions Berry Park.

All men welcome.

 0458 276 537  men@bxmenschwalkandtalk.com.au

BODY FX Exercise Physiology

BODY FX Exercise Physiology's mission is to empower everyone to exercise and specifically tailor exercise to the individuals needs. Private sessions and classes are available for a range of age groups and ability levels.

 0438 893 411  team@bodyfx.com.au  <http://www.bodyfx.com.au/>

D2f & Cityfit

Group fitness, personal training and swimming. Entry level, starters and classes for the young at heart are available.

 6331 4344  info@cityfitbathurst.com.au  <https://www.d2f.fitness/Home>

Manning Aquatic Centre

Manning Aquatic Centre offers an indoor 25 metre lap swimming pool, program pool, spa, sauna and steam room. A 50 metre lap swimming pool is open from October until March.

Manning Aquatic Centre offers a range of health and fitness classes to suit all age groups, including Aqua Aerobics, tailored to meet a variety of individual needs and interests.

 6331 3333  <https://www.bathurstaquatic.com.au/>

Studio Benefit

Studio Benefit provides exercise for people of ALL ages and ALL fitness abilities.

Chair Yoga and Flexit classes are held weekly at the RSL and a range of yoga, pilates and reformer classes are held at the Lambert St studio.

 0438 430 082  studiobenefit@icloud.com  <https://www.studiobenefit.com.au/>

Tai Chi for Body Mind Balance

Tai Chi Body Mind Balance provides gentle exercise programs for healthy living for all ages including seniors and those with health and mobility challenges.

 6332 4866  <https://www.binc.org.au/tai-chi/>

The Greens on William

The Greens on William have four bowling greens open to members and the general public. A variety of activities are available including competitive lawn bowls, social barefoot bowls and croquet.

 6331 1387  info@thegreensonwilliam.com.au

 <https://www.thegreensonwilliam.com.au/>

MY FITNESS GOALS

Name: _____

Start date: _____

Goals: _____

Movement Tracker:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Please note: the information provided in this booklet is a guide only and is not intended to replace individual health care or advice. Please talk to a health professional before you start an exercise program.

Information for this booklet was sourced from:

Safe Exercise at Home <https://www.safeexerciseathome.org.au/safeexerciseathomebooklet>

Department of Health and Aged Care

<https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-older-australians-65-years-and-over?language=en>

Health Direct: Physical activity guidelines for older people

<https://www.healthdirect.gov.au/physical-activity-guidelines-for-older-adults>

www.bathurst.nsw.gov.au/activeageing