Healthy heart
Strength
Balance
Flexibility

Far North Queensland 2012

Healthy Active Ageing
DIRECTORY

Physical and social activities for older adults in Cairns and surrounding areas
Disclaimer

This directory is distributed as an information source only, and is not intended to be a fully comprehensive guide to all the services and activities available to older people in the Cairns area. The provision of information in the directory does not constitute an endorsement by Queensland Health of the products and services listed. You must make your own enquiries and satisfy yourself in respect of the suitability and the conduct of the services and activities listed. The State of Queensland through Queensland Health has made every effort to ensure that the information contained in the directory is correct as at the date of publication (January 2012). Queensland Health does not accept liability for the information or advice provided in this publication or incorporated into it by reference or for loss or damages incurred as a result of reliance upon the material contained in this directory. If you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended that you seek appropriate advice including medical advice from your doctor.

For more information regarding Queensland Stay On Your Feet® go to www.health.qld.gov.au/stayonyourfeet. If you would like your organisation or program to be promoted in the next reprint of this resource, contact Tropical Regional Services, Cairns Public Health Unit, on (07) 4226 5555.

Acknowledgement

This directory has been developed by the Tropical Regional Services, Cairns Public Health Unit, Health Promotion in conjunction with the Cairns Safe Communities, Senior Safety Working Group.

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Before you get started

The *Healthy Active Ageing Directory* is specifically designed to give older adults an awareness of many of the activities that are available in the Cairns region. These include both land and water-based activities, which can be adapted to any level of fitness. There are individual and group activities.

We recommend that you ring the contact number of the activity that interests you to confirm the day, time and cost of the activity and to determine if you need to make a booking.

**Ask your doctor**

If you feel unsure whether an activity is suitable for you, please consult your doctor prior to commencing the activity, and then speak to the activity leader. If you have not been physically active for some time, have a history of heart problems, high blood pressure or past serious injury, you may want to phone your doctor or ask at your next appointment.

**Ask the activity leader**

If you would like to try a new activity or have not recently been active, you may wish to ask the activity leader about their qualifications and experience and whether they have a first aid certificate.

You may also wish to advise them of any health conditions you may have so that exercises can be tailored to your level of fitness and need.
Set goals—keep a physical activity diary

Make time for regular physical activity:
• write down your regular weekly commitments.
• plan what type of physical activity you will do
• jot down the times you plan to do your physical activities over the week.

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 very active, check with your doctor anyway.
Pre-exercise checklist

Answer these questions by circling **yes** or **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?  
   **yes** **no**

2. Do you feel pain in your chest when you do physical activity?  
   **yes** **no**

3. In the past month, have you had chest pain when you were not doing physical activity?  
   **yes** **no**

4. Do you lose your balance because of dizziness or do you ever lose consciousness?  
   **yes** **no**

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?  
   **yes** **no**

6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?  
   **yes** **no**

7. Do you know of any other reason why you should not do physical activity?  
   **yes** **no**
Pre-exercise checklist continued

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 a temporary illness such as a 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. 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 their advice.

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

(Questions and recommendations adapted from The Canadian Society for Exercise Physiology, Health Canada.)
Healthy active ageing is important

Healthy active ageing is about staying healthy and active for as long as possible, so you can continue to enjoy the quality of life you deserve. Two important elements of this include participating in regular physical activity, and being socially active in your community. It’s never too late to start becoming physically active.

Being active for at least 30 minutes every day is recommended to improve or maintain your health. This can be made up of 30 minutes of continuous activity, or three 10-minute blocks of moderate physical activity per day.

Thirty minutes of physical activity on most days will help you to:

• improve muscle strength and mobility
• improve flexibility
• slow cardiovascular ageing and reduce your risk of heart disease
• reduce the likelihood of getting diabetes and other chronic diseases
• control your weight
• be more relaxed and feel well.

Being physically active has important benefits for reducing your risk of falling. Falling is not an evitable part of ageing. Falls are predictable and preventable.

Your risk of falling can be greatly reduced if you participate in physical activity that specifically improves your strength, balance and endurance. Ideally you should be aiming for 60 minutes, at least three times a week. The types of exercises that can reduce falls include tai chi, yoga, steady steps, aqua aerobics and gardening.
This directory has information on where these physical activity programs are available in Cairns and surrounding areas and also highlights some of the social activities that are available for older people. Being involved with social activities is a good way of meeting new people, trying something new and improving your general wellbeing.

**Good nutrition is important**

- Eat plenty of vegetables, legumes and fruits with at least two serves of fruit and five serves of vegetables everyday.
- Eat cereals (including breads, rice, pasta and noodles), preferably wholegrain.

The Australian Government’s Dietary Guidelines for Australian Adults recommends that for a healthy diet, you enjoy a wide variety of nutritious foods.
- Include lean meat, fish, poultry and/or alternatives such as eggs and nuts.
- Include milk, yoghurts, cheeses and/or alternatives such as almonds, canned sardines and canned pink salmon with bones. These can achieve calcium requirements but unlike dairy products they are not a good source of vitamin B12.
- Drink plenty of water.

**Take care to:**
- limit saturated fat and moderate total fat intake
- choose foods low in salt
- limit your alcohol intake if you choose to drink
- consume only moderate amounts of sugars and foods containing added sugars.
Oral health is important

Natural teeth

- Brush teeth at least twice a day with a fluoride toothpaste (after breakfast in the morning and the last thing before going to bed).
- Use a toothbrush with a small head and soft bristles.
- Change your toothbrush at least once every three months or when bristles are frayed.
- Floss teeth at least once a day with dental floss or interdental brushes (particularly handy for those with large gaps between teeth).

Dentures

- Remove dentures at night when going to bed. This allows your gums to breathe and prevent sores in the mouth.
- Place dentures in a cup filled with plain water or denture tablet at night when you go to bed.
- Brush dentures with a denture brush or normal toothbrush with low concentrate dishwashing liquid or denture toothpaste. Do not use regular toothpaste on dentures.
- Rinse dentures with water after meals.

Regular dental care:
All older adults need to seek regular dental check-ups from a private dentist or public health clinic.
Fun, free fitness at the Explanade, Cairns
September 2011–July 2012

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5.30pm</td>
<td>Beach volleyball</td>
</tr>
<tr>
<td></td>
<td>5.30pm</td>
<td>Boxing fun</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6.30am</td>
<td>Yoga</td>
</tr>
<tr>
<td></td>
<td>5.30pm</td>
<td>Zumba</td>
</tr>
<tr>
<td></td>
<td>5.30pm</td>
<td>Bouldering</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9.30am</td>
<td>Mumbalates</td>
</tr>
<tr>
<td></td>
<td>5.10pm</td>
<td>Heart foundation walking</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Phone: (07) 4044 3203</td>
</tr>
<tr>
<td></td>
<td>5.30pm</td>
<td>Bootcamp</td>
</tr>
<tr>
<td>Thursday</td>
<td>6.30am</td>
<td>Pilates</td>
</tr>
<tr>
<td></td>
<td>5.00pm</td>
<td>ViPR</td>
</tr>
<tr>
<td>Friday</td>
<td>6.30am</td>
<td>Aqua aerobics</td>
</tr>
<tr>
<td></td>
<td>5.30pm</td>
<td>Zumba</td>
</tr>
<tr>
<td>Saturday</td>
<td>7.30 am</td>
<td>Sahaja Yoga Meditation</td>
</tr>
<tr>
<td></td>
<td>8.00 am</td>
<td>Boxing Fun</td>
</tr>
<tr>
<td></td>
<td>8.30 am</td>
<td>Aqua Aerobics</td>
</tr>
</tbody>
</table>

Active Living

Active Living Classes meet at the following locations:
- mumbalates and zumba
  - Fogarty Park Sound Shell
- beach volleyball and ViPR
  - Beach Volleyball Courts
- bouldering
  - Esplanade Bouldering Park
- heart foundation walking
  - Esplanade Funship
- all others
  - Lagoon Cafe

Please note: all times are subject to change and cancellation.
Aerobics and gentle exercise classes

Aerobic and exercise classes are available to suit virtually every fitness level. While some are aimed at the fit and active middle aged, 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.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories—shoes, towels, shorts, etc.

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**Healthy Active Ageing DIRECTORY**

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**40 Fit Training**
39 Supply Road, Bentley Park  
**Mobile:** 0429 347 066

**Bodyline Health Club**
37 Stokes Street, Edmonton  
**Phone:** 4055 5337

**Balance and Strength Group**
Westcourt Community Health  
*Changing to Cairns Community Health Centre in February.*  
381 Sheridan Street, North Cairns  
**Phone:** 4226 4333

**Coast Fitness @ Trinity**
17 Cayley Street, Trinity Beach  
**Phone:** 4057 6381

**Genesis Gym**
Stockland Shopping Centre, Earlville (external entrance opposite Australia Post)  
**Phone:** 4054 5333

**Genesis Gym—Cairns**
113 Lake Street, Cairns  
**Phone:** 4041 2290

**Genesis Gym—Southside**
1 Hargreaves Street, Edmonton  
**Phone:** 4040 6055

**Fitness Class (U3A)**
Every Thursday 10-11am  
U3A Centre,  
129 Mulgrave Road, Cairns  
**Mobile:** 0408 556 644

**Genius Gym—Cairns**
113 Lake Street, Cairns  
**Phone:** 4041 2290
Aerobics and gentle exercise classes continued

**Happy Hearts**
Sportsworld, 268 Gatton Street, Westcourt
**Phone:** 4051 2863

**PCYC Cairns**
91 McNamara Street, Manunda
**Phone:** 4053 1532

**PCYC Innisfail**
Palmerston Drive, Innisfail
**Phone:** 4061 3442

**RYDGES Esplanade Resort**
Lifestyle, Health and Fitness Centre
Corner of The Esplanade and Kerwin Streets, Cairns
**Phone:** 4044 9010

**Sportsworld Fitness Centre**
268 Gatton Street, Westcourt
**Phone:** 4051 2863
Aqua aerobics is a wonderful and safe way to give your whole body a really good workout.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories – shoes, towels, shorts, etc.
### Dancing

**Ballroom, modern and old time**

Dancing is a primal and ancient form of movement that has been enjoyed since the beginning of time. Dancing is a wonderful exercise for releasing tensions, freeing muscles and joints and raising spirits.

**Contact to enquire about:**
- **day and times**
- **cost**
- **disability access**
- **seniors concession card discount**
- **required exercise accessories—shoes, towels, shorts, etc.**

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<table>
<thead>
<tr>
<th><strong>Ballet Movement and Exercise (U3A)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes resume March/April 2012</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4039 1944</td>
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<table>
<thead>
<tr>
<th><strong>Cairns and District Senior Citizens Association Inc.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>271 Gatton Street, Westcourt</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4051 3747</td>
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<table>
<thead>
<tr>
<th><strong>Cairns Ballroom Dancers Club</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mobile:</strong> 0418 760 644</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Cairns City Square Dance Club</strong></th>
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</thead>
<tbody>
<tr>
<td>Municipal Band Hall. Corner of Sheridan and Charles Street, Cairns</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4045 1737</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4037 0595</td>
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<table>
<thead>
<tr>
<th><strong>Cairns Rock and Roll Dance Club Inc.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>De-Jarlais Function Centre</td>
</tr>
<tr>
<td><strong>Mobile:</strong> 0407 630 110</td>
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<table>
<thead>
<tr>
<th><strong>English Country Dancing (U3A)</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>Mobile:</strong> 0408 014 698</td>
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<table>
<thead>
<tr>
<th><strong>Merry Makers Dance Club</strong></th>
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<tbody>
<tr>
<td>Old Time, Modern, New Vogue</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4032 2566</td>
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<tr>
<th><strong>Modern Square Dancing</strong></th>
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<tbody>
<tr>
<td>Cairns Municipal Band Hall, 18 Charles Street, North Cairns</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4032 3242</td>
</tr>
<tr>
<td><strong>Phone:</strong> 4032 1737</td>
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</tbody>
</table>
Older Person’s Program
Marlin Coast Neighbourhood Centre, 45 Cumberland Avenue, Smithfield
Phone: 4038 2449

Old Time, Latin and Ballroom Dancing
Corner Minnie and Grafton Streets, Cairns
Phone: 4055 9149

Ulysses Squares, Cairns
Masonic Hall. Corner of Mill Road and Hartill Street, Edmonton (opposite old ambulance station)
Phone: 4033 6342
Golf provides an opportunity for participants to join a mixed social club and the walking involved in a game of golf will increase cardiovascular fitness and assist in weight management. It is a good idea to have a lesson with a professional if you are new to the game.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories—shoes, towels, shorts, etc.
Indoor bowls

Bowling is a sport for all ages and provides an opportunity for participants to join a social group, have fun and get some exercise. Coaching is usually provided by clubs for novices. Bowling improves strength and mobility.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories — shoes, towels, shorts, etc.

Brothers Indoor Bowls Club
Brothers Leagues Club, Behan Street, Manunda
Phone: 4045 0008

Southside St Therese’s Indoor Bowls
Fretwell Park Sports Stadium, Robert Road, Edmonton
Phone: 4045 1149

Cairns and District Senior Citizens Association Inc.
271 Gatton Street, Westcourt
Phone: 4051 3747
Lawn bowls

Bowling is a sport for all ages and provides an opportunity for participants to join a social group, have fun and get some exercise. Coaching is usually provided by clubs for novices. Bowling improves strength and mobility.

Contact to enquire about:
• day and times
• cost
• disability access
• seniors concession card discount
• required exercise accessories – shoes, towels, shorts, etc.

Cairns Bowls Club
117-125 Toogood Road, Bayview Heights, Cairns
Phone: 4054 3322

Edge Hill Memorial Ladies Bowls Club Inc.
181 Woodward Street, Edge Hill
Phone: 4053 1036

Edmonton Bowls Club
Fuller Sports Club, 26 Armstrong Street, Edmonton
Phone: 4055 5344
Phone: 4036 1294

Marlin Coast Bowls Club Inc.
Corner of Captain Cook Highway and Trinity Beach Road, Trinity Beach
Phone: 4057 6931

West Cairns Bowls Club
216 Gatton Street, Manunda
Phone: 4051 1814

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Pilates is a relatively new method of keeping fit. This gentle workout is suitable for most age groups and with a qualified instructor it can have several health benefits. These include: helping to prevent injury, preventing osteoporosis and osteoarthritis, boosting the immune system, increasing relaxation by relieving stress and basically providing a totally holistic system of fitness.

Contact to enquire about:
• day and times
• cost
• disability access
• seniors concession card discount
• required exercise accessories —shoes, towels, shorts, etc.
Social clubs for older adults

Being involved with social activities is a good way of meeting new people, trying something new and improving your general wellbeing!

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories —shoes, towels, shorts, etc.

**Association of Independent Retirees**
Advocacy for partly and fully funded retirees. They hold monthly meetings which may include guest speakers. Also retiree information, investment group and social functions.

**Phone:** 4039 0531

**Brothers Leagues Club Cairns**
Social activities, e.g. trips to Yungaburra markets and mystery tours.

Behan Street, Manunda

**Phone:** 4053 1053

**Cairns War Widows Guild**
These ladies meet once a month at the Cairns RSL for a luncheon meeting.

115 Esplanade, Cairns

**Phone:** 4053 1770

**Cazalys**
Social activities, e.g. bingo, line dancing and bus trips.

**Phone:** 4054 1464

**Chess (U3A)**
Wednesdays, cost $3.00

U3A Centre 129, Mulgrave Rd Cairns

**Phone:** 4041 4898
Coral Cape Trefoil Guild
Trefoil Guild is a great way for former guiding and scouting women to continue to live by their guiding promise.
Phone: 4053 3253

Digital Photography (U3A)
This is a short course comprising of two sessions on camera and two sessions on computers.
Phone: 4053 1760

Eating with Friends Club
Monthly seniors social group. Edmonton, Westcourt, Smithfield
Phone: 4226 4482

Exploring Art (U3A)
Wednesdays 2 pm at the Guide Hut, James Street, Cairns
Mobile: 0405 437 792

French Conversation (U3A)
Tuesdays 10 am–12 noon. U3A Centre, 129, Mulgrave Road, Cairns
Phone: 4033 2521

Friday Afternoon Film Club (U3A)
U3A Centre 129, Mulgrave Road, Cairns
Phone: 4051 0400

Friendship Club
Tuesdays, 2 pm–4 pm to play cards, games and quizzes.
Phone: 4038 2449

Friendship Force International
Open to the community and international visitors, outbound and inbound exchanges. Bi-monthly newsletter Tropical Topic
Phone: 4055 9295

Green Thumb (U3A)
Second Monday of the month.
Phone: 4053 7866

Handicraft (U3A)
Tuesdays 9 am at the Guide Hut, James Street Cairns. For enquires contact Audery Samwways.
Phone: 4053 1502

Holloways Beach Over 50 Club
They meet once a week at the AFL Club Holloways Beach to play cards, games and to have refreshments.
Phone: 4055 9570
<table>
<thead>
<tr>
<th><strong>Marlin Coast Neighbourhood Centre, Older Person’s Program</strong></th>
<th><strong>Mystery Club (U3A)</strong></th>
<th><strong>The Arts (ADFAS)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Tuesday, 9.30 am–2 pm. Activities include: massage, line dancing, computer training, tai chi. Also shared lunch once a week and mystery trips throughout the year. Phone: 4055 6440</td>
<td>Thursdays at 9:30 am U3A Centre 129, Mulgrave Road Cairns Phone: 4051 0400</td>
<td>Gathering of all ages who enjoy entertaining and sociable evenings with international speakers. Phone: 4039 0018</td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Migrant Settlement Services</strong></th>
<th><strong>QCWA (Queensland Country Women’s Association)</strong></th>
<th><strong>University of the Third Age Incorporated</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Helping facilitate permanent resettlement of newly arrived refugees and migrants in Far North Queensland. 68 Abbott Street, Cairns Phone: 4041 7699</td>
<td>Join motivated women, who not only make a difference in others lives, they laugh a lot, make new friends and learn skills that enhance their lives. Phone: 4056 8154</td>
<td>Activities include computers, book club and handcraft. 129 Mulgrave Road, Cairns <a href="http://www.u3acairnsinc.org.au">www.u3acairnsinc.org.au</a> Phone: 4051 0400</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Touch Over Fifty—Seniors fun and friends morning</strong></th>
<th><strong>University of the Third Age Incorporated</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities include cards, board games, fun, friendship and food at Generations Church. Wednesdays at 9.30 am 1–3 Moore Road, Kewarra Beach Phone: 4057 6438</td>
<td>Activities include computers, book club and handcraft. 129 Mulgrave Road, Cairns <a href="http://www.u3acairnsinc.org.au">www.u3acairnsinc.org.au</a> Phone: 4051 0400</td>
</tr>
</tbody>
</table>
Swimming is one of the all-time favourite forms of exercise. 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 are returning to swimming. Swimming improves general fitness and wellbeing.

Contact to enquire about:

- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories—shoes, towels, shorts, etc.

Cairns Mudcrabs AUSSI Masters Swimming Club Inc.
Woree Pool, Woree
Phone: 4055 4391

Edmonton Pool
5 Wolf Street, Edmonton
Phone: 4055 4139

Gordonvale Pool
79 Sheppards Street, Gordonvale
Phone: 4056 1353

Mareeba Memorial Swimming Pool
Abbott Street, Mareeba (near high school)
Phone: 4092 1691
Mobile: 0407 672 126

Tobruk Memorial Pool
370 Sheridan Street, North Cairns
Phone: 4052 1266

Tully Swimming Pool
27 McQuillan Street, Tully
Phone: 4068 1445

Woree Swimming Pool Complex
Pool Close, Woree
Phone: 4054 6964

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Tai Chi improves strength, balance and general health through gentle, low impact exercises. It also aids relaxation, helps to improve breathing, stimulates circulation and clears and sharpens the mind. No minimal level of fitness is required and Tai Chi is especially good for people with arthritis.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories –shoes, towels, shorts, etc.
Touch football is a combination of the two rugby codes, Rugby League and Rugby Union. Although the skills of Touch are similar to both codes, there is no body contact at all. For example, there are no tackles, scrums, or hard kicking, and there are no goal posts.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories—shoes, towels, shorts, etc.
Walking

This simple exercise reduces blood pressure, reduces the risk of and assists in the management of chronic diseases and can reduce levels of stress and depression. Walking is often most enjoyable when done with other people.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories—shoes, towels, shorts, etc.
Weight training helps to improve strength, balance, stamina and overall physical appearance. Weight training has been scientifically proven to aid in preventing osteoporosis.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories — shoes, towels, shorts, etc.
Redlynch
3 Chelsea Lane, Redlynch
Phone: 4039 3002

Rydges Esplanade Resort
Lifestyle, Health and Fitness Centre
Corner of The Esplanade and Kerwin Street, Cairns
Phone: 4044 9010

Tully Swimming Pool
27 McQuillan Street, Tully
Phone: 4068 1445

Your Fitness Cairns
Shop G41, Pier Point Road, Cairns
Phone: 4031 5277

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Strength
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Yoga positions keep the body fit, breath work stimulates energies, while various mental techniques aim to provide relaxation and a sense of wellbeing and peace of mind.

Contact to enquire about:
- day and times
- cost
- disability access
- seniors concession card discount
- required exercise accessories — shoes, towels, shorts, etc.
Photography

The majority of photographs in this booklet are by Alan Jensen

Others by:
- Australian Sports Commission | Ausport Image Library.
- Michael Marston
- Michael Marston—ePixel Images
- Queensland Health archive
- Thinkstock
- Tynan Narywonczyk