



Far North Queensland 2012

Healthy Active Ageing D I R E C T O R Y

 Healthy heart

 Strength

 Balance

 Flexibility



Queensland
Government

Queensland
**Stay On
Your Feet®**
in the community

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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balance



health



socialising



independence

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

Monday	5.30pm	Beach volleyball
	5.30pm	Boxing fun
Tuesday	6.30am	Yoga
	5.30pm	Zumba
	5.30pm	Bouldering
Wednesday	9.30am	Mumbalates
	5.10pm	Heart foundation walking
	5.30pm	Phone: (07) 4044 3203 Bootcamp
Thursday	6.30am	Pilates
	5.00pm	ViPR
Friday	6.30am	Aqua aerobics
	5.30pm	Zumba
Saturday	7.30 am	Sahaja Yoga Meditation
	8.00 am	BoxingFun
	8.30 am	Aqua Aerobics

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.

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

Edmonton Community Health

Phone: 4226 4900

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: 4048 556 644

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.

 Healthy heart  Strength  Balance  Flexibility

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



Aerobics
and gentle
exercise
classes
continued



 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Aqua Boomers Fitness

37 Stokes Street, Edmonton

Mobile: 0429 347 066

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

Sports World Fitness

268 Gatton Street, Cairns

Phone: 4051 2863

Tobruk Memorial Pool

370 Sheridan Street,
North Cairns

Phone: 4052 1266

Tully Swimming Pool

27 McQuillan Street, Tully

Phone: 4068 1445



Aqua aerobics

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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Ballet Movement and Exercise (U3A)

Classes resume March/April 2012

Phone: 4039 1944

Cairns and District Senior Citizens Association Inc.

271 Gatton Street, Westcourt

Phone: 4051 3747

Cairns Ballroom Dancers Club

Mobile: 0418 760 644

Cairns City Square Dance Club

Municipal Band Hall. Corner of Sheridan and Charles Street, Cairns

Phone: 4045 1737

Phone: 4037 0595

Cairns Rock and Roll Dance Club Inc.

De-Jarlais Function Centre
Cairns Showground

Mobile: 0407 630 110

English Country Dancing (U3A)

Mobile: 0408 014 698

Merry Makers Dance Club

Old Time, Modern, New Vogue

Phone: 4032 2566

Modern Square Dancing

Cairns Municipal Band Hall,
18 Charles Street, North Cairns

Phone: 4032 3242

Phone: 4045 1737

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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

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



Dancing continued



 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Babinda Golf Club Inc

Hospital Street, Babinda

Phone: 4067 1790

Cairns Golf Club

Kate Street, Earlville

Phone: 4054 1208

Far North Queensland Veteran Golfers Association

20 Rutherford Street,
Yorkeys Knob

Phone: 4045 3832

Gordonvale Golf Club

George Street, Gordonvale

Phone: 4056 3999

Half Moon Bay Golf Club

66 Wattle Street, Yorkeys Knob

Phone: 4055 7884

Mossman Golf Club Inc.

Newell Beach Road, Mossman

Phone: 4098 1570



Golf



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.*

Healthy heart Strength Balance Flexibility

Brothers Indoor Bowls Club

Brothers Leagues Club,
Behan Street, Manunda

Phone: 4045 0008

Cairns and District Senior Citizens Association Inc.

271 Gatton Street, Westcourt

Phone: 4051 3747

Southside St Therese's Indoor Bowls

Fretwell Park Sports Stadium,
Robert Road, Edmonton

Phone: 4045 1149



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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

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



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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Coast Fitness @ Trinity

17 Cayley Street, Trinity Beach

Phone: 4057 6381

Genesis Gym—Stockland

Stockland Shopping Centre,
Earlville (external entrance
opposite Australia Post)

Phone: 4054 5333

Pilates with Leanne Malcolm

Cairns City, Whiterock, Redlynch,
Westcourt

Mobile: 0417 075 412

RYDGES Esplanade Resort

Lifestyle, Health and Fitness
Centre.

Corner of The Esplanade and
Kerwin Streets, Cairns

Phone: 4044 9010

Sportsworld Fitness Centre

Gatton Street, Westcourt
(opposite the fire station)

Phone: 4051 2863



Pilates

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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

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

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.*

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

Marlin Coast Neighbourhood Centre, Older Person's Program

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

Migrant Settlement Services

Helping facilitate permanent resettlement of newly arrived refugees and migrants in Far North Queensland.

68 Abbott Street, Cairns

Phone: 4041 7699

Mystery Club (U3A)

Thursdays at 9:30 am
U3A Centre 129, Mulgrave Road
Cairns

Phone: 4051 0400

QCWA (Queensland Country Women's Association)

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

Touch Over Fifty—Seniors fun and friends morning

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

The Arts (ADFAS)

Gathering of all ages who enjoy entertaining and sociable evenings with international speakers.

Phone: 4039 0018

University of the Third Age Incorporated

Activities include computers, book club and handcraft.

129 Mulgrave Road, Cairns

www.u3acairnsinc.org.au

Phone: 4051 0400



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



Swimming

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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Cairns and District Senior Citizens Assoc Inc.

271 Gatton Street, Westcourt

Phone: 4051 3747

Older Person's Program

Marlin Coast Neighbourhood Centre, 45 Cumberland Avenue, Smithfield

Phone: 4038 2449

Rydges Esplanade Resort

Lifestyle, Health and Fitness Centre

Corner of The Esplanade and Kerwin Streets, Cairns

Phone: 4044 9010

Tai Chi (U3A)

Second and fourth Mondays
at U3A Centre

129 Mulgrave Road, Cairns

Phone: 4051 0400



Tai Chi



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.*

Healthy heart Strength Balance Flexibility

Healthy Active Ageing DIRECTORY

Cairns Pirates Touch Association Inc.

Aeroglen Drive, Aeroglen

Phone: 4053 6805

Mobile: 0408 693 703

Mann Street Touch Association Inc.

18-42 Mann Street, Westcourt
(Cairns Junior Rugby League Grounds)

Phone: 4051 8032

Mobile: 0408 693 703

Touch Football

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.*



 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

40 Fit Training

38 Supply Road, Bentley Park

Mobile: 0429 347 066

Heart Foundation Walking

Cairns Central Shopping Centre

Phone: 4055 9165

Draper Street Family Medical

Phone: 4051 1074

Edge Hill, Centenary Lakes

Mobile: 0407 251 067

Gordonvale

Phone: 4056 1865

Kewarra Beach

Phone: 4055 6873

Phone: 4046 8530

The Esplanade, Cairns

Phone: 4044 3203

Smithfield and Earlville Footloose

Smithfield Shopping Centre,
Mon, Wed and Fri 7.45 am

Stockland Shopping Centre,
Genesis Fitness Centre
Mon, Wed and Fri 7.45 am

Phone: 4046 8530



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.*

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Active Fitness

159 Pease Street, Edge Hill

Phone: 4053 8600

53 Bruce Highway, Edmonton

Phone: 4045 6300

9 Maisel Close, Smithfield

Phone: 4055 6050

Coast Fitness @ Trinity

17 Cayley Street, Trinity Beach

Phone: 4057 6381

Contours Cairns— Womens Gym

Shop 2,
230-232 Mulgrave Road

Phone: 4031 5010

Contours Smithfield— Womens Gym

Shop 64 Smithfield Centre

Phone: 4038 3733

Genesis Gym—Cairns

113 Lake Street, Cairns

Phone: 4041 2290

Genesis Gym—Southside

1 Hargreaves Street, Edmonton

Phone: 4040 6055

Genesis Gym—Stockland

Earlville Shopping centre

Phone: 4054 5333

Performax Gym

34 Lake Street, Cairns

Phone: 4051 8156

Weight training

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.

 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

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

Weight training continued



 Healthy heart  Strength  Balance  Flexibility

Healthy Active Ageing DIRECTORY

Cairns and District Senior Citizens Assoc Inc.

271 Gatton Street, Westcourt

Phone: 4051 3747

Coast Fitness @ Trinity

17 Cayley Street, Trinity Beach

Phone: 4057 6381

Marlin Coast Neighbourhood Centre

45 Cumberland Avenue,
Smithfield

Phone: 4055 6440

Rydges Esplanade Resort

Lifestyle, Health and Fitness
Centre

Corner of The Esplanade and
Kerwin Street, Cairns

Phone: 4044 9010

Sportsworld Fitness Centre

Gatton Street, Westcourt.
(Opposite the fire station)

Phone: 4051 2863



Yoga



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.*

 Healthy heart  Strength  Balance  Flexibility

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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 Naryweczyk

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