2009 Mackay and District
Stay On Your Feet®
Active Living Directory

A guide to physical activities for older adults in the Mackay Regional Council area
Acknowledgements

The aim of this directory is to increase your awareness of the wide variety of physical activities that are available for you in the Mackay Regional Council area, and provide you with information about simple ways to maintain good health and Stay On Your Feet®.

This directory has been developed by Tropical Regional Services Mackay Health Promotion Service in partnership with the Safe Communities Healthy Ageing Reference Group, the Mackay Regional Council and the Mackay community. We thank all those involved for their contribution.

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Sun safety images courtesy of Queensland Cancer Council.

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 Mackay 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 (November 2009). 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 local doctor. For more information regarding Queensland Stay On Your Feet® go to www.health.qld.gov.au/stayonyourfeet.
Active living for older adults – why is it important?

*Physical activity is a great way to improve and maintain your current health.*

Being physically active can help you to:

- maintain a healthy heart
- prevent and manage chronic health conditions (e.g. obesity, heart disease, diabetes, depression and osteoporosis)
- meet people and enhance your social life
- improve your mental and general wellbeing, and
- get a good night’s sleep.

Physical activity is also an important part of healthy ageing and can help you to Stay On Your Feet® and be independent for longer. It does this in several ways, especially by helping you to:

- have stronger bones and muscles
- be more flexible and mobile
- improve your balance and coordination, and
- reduce your risk of injury.
Starting a **new activity**

*Before starting a new physical activity there are some questions you may want to ask the activity provider:*

**What do I need to bring?**
For example, shoes, towel, hat, water, sunscreen.

**Are there different classes or levels?**
For example, beginner, intermediate or advanced.

**Is there disability access?**

**Do you cater for special health conditions?**
You may wish to advise the provider if you have health conditions so that activities can be tailored to your level of fitness and need.

**What is the cost, and are there concessions for older clients?**
Physical activity: things to consider

Talk with your doctor
— If you have not been physically active for some time, have a history of serious injury, heart problems or high blood pressure, be sure to consult your doctor. They may be able to prescribe you a care plan, which could include some free visits to other health specialists, who may be able to show you the best exercises for your condition.

Healthy eating
— Good nutrition is important for your overall health, vitality and energy. Eat a wide variety of nutritious foods and try to ensure you have two serves of fruit, five of vegetables, two small serves of protein and two of dairy or calcium-rich foods for strong, healthy bones.

Vitamin D
— Vitamin D is essential for our bodies to maintain good health and to keep our bones and muscles strong and healthy. Most of the vitamin D in our bodies is obtained from adequate sun exposure, and some people are more at risk of being deficient in vitamin D, such as older Australians, naturally dark skinned people and those on certain medications.

Generally speaking, in northern areas of Australia, a few minutes of exposure to sunlight on the face, arms and hands (or equivalent area of skin), outside of the peak UV periods (10am-3pm) on most days is adequate.

If you are concerned about your vitamin D levels see your doctor, as this can be checked with a simple blood test, and your doctor can then advise if a vitamin D supplement is necessary. You can obtain more information about vitamin D by contacting the Cancer Council Helpline on 13 11 20 or going to www.cancerqld.org.au
Be SunSmart
— If you are planning on being out in the sun for prolonged periods, or during peak UV periods ensure you use protective measures.

- Slip on sun protective clothing
- Slop on SPF30+ sunscreen
- Slap on a broad-brimmed hat
- Seek shade
- Slide on wrap-around sunglasses

Drink plenty of water
— Hydration is essential to maintain good health. Water is the best thirst quencher, yet most people do not drink enough. Your body needs about two litres (eight glasses) of water a day.

...but most importantly
Choose something you enjoy, make it regular and HAVE FUN!
Physical Activity Recommendations for Older Australians

In early 2009 the Australian Government developed the first National Physical Activity Recommendations for Older Australians.

Recommendation 1
Older adults should do some form of physical activity no matter what their age, weight, health problems or abilities.

Recommendation 2
Older adults should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.

Recommendation 3
Older adults should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

Recommendation 4
Older adults who have stopped physical activity, or are starting new physical activity, should start at a level that is easily manageable and gradually build up to the recommended amount, type and frequency of activity.

Recommendation 5
Older adults who have enjoyed a lifetime of vigorous physical activity should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

For the more information about these recommendations go to: www.health.gov.au
Other helpful information and resources

Choose Health: Be Active
A physical activity guide for older Australians which can help you to overcome many common barriers to physical activity, and provides easy exercises you can do at home, as well as a Monthly Activity Planner to help you plan your activities.
Department of Veterans’ Affairs: 133 254
Department of Health and Ageing: 1800 500 853
An electronic version of this resource is available at: www.health.gov.au

Stay On Your Feet® Checklists
These checklists give you tips on how to reduce your risk of falls, such as having your eyesight checked every two years and having regular medication reviews with your doctor or pharmacist, so you can be active, stay independent and Stay On Your Feet®!
An electronic version of this resource is available at:
These and other helpful resources on health, physical activity and nutrition can also be obtained from:
Chronic Disease Team
Mackay Community Health Centre
12-14 Nelson Street,
Phone: 4968 3823
If you would like more information on other clubs and recreational activities in the Mackay Regional Council area, would like to find promote a program or physical activity in future versions of this resource, or to obtain more copies of this resource contact:
Mackay Regional Council:
PO Box 41, Mackay QLD 4740
Phone: 1300 MACKAY (1300 622 529)
www.mackay.qld.gov.au
Downloadable copies also available at:
www.health.qld.gov.au
Using this **directory**

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*Recommendations taken from Choose Health: Be Active resource.*
AEROBICS

Body ACH Enterprises
Vigor- Fitness
(mix of dance & aerobics)
International Dance Affair
Shop 2, 26 Evans Ave, North Mackay
Phone: 4957 7752 or 0401 727 856

City Fitness Health Club
1B Victoria St, Mackay
Phone: 4957 8269

Contours Women’s Fitness
Suites 1 & 2 The Willetts Centre, 87 Willetts Rd (near the Mater Hospital), Mount Pleasant
Phone: 4822 8024

Femnasium Health & Fitness Boutique for Women
118 Wood St, Mackay
Phone: 4944 0420

Hi Energy Health & Fitness Centres
Boddington St, Mackay
Phone: 4953 1133
Shop 8 Hibiscus Shopping Centre, Downie Ave, Bucasia
Phone: 4954 6755

Pat’s Personal Training
Mobile service
Phone: 0400 179 495

Queensland Keep Fit Association
Move it or lose it
Andergrove
Phone: 4957 5178

Solutions Health & Fitness Club
15 Evans Ave, North Mackay
Phone: 4951 3473
AQUA AEROBICS

Jo May-Jolley
Cape Hillsborough Resort & Calen District College
Phone: 0405 022 079

Queensland Keep Fit Association
Barb’s Aqua
(Aqua Fitness, Deep Water Running, Warm Water Gentle Aqua)
Various locations
Phone: 4957 5178

Solutions Health & Fitness Club
15 Evans Ave, North Mackay
Phone: 4951 3473

ATHLETICS

Sarina & District Amateur Athletic Club Inc
Wally O’Grady Oval, Johnson St, Sarina
Phone: 4943 0036

Key: 🎈 Healthy Heart 🏋️‍♂️ Strength 🤸‍♂️ Balance 💪 Flexibility
BASKETBALL

Koumala Basketball Club
Bolingbrook Rd, Koumala
Phone: 4950 3765

Mackay Amateur Basketball Assoc.
107 Juliet St, Mackay
Phone: 4957 5543

BOULES (PENTANQUE)

University of the Third Age
Eimeo Beach Esplanade & Botanic Gardens, Mackay
Phone: 0434 996 802

BOWLS

Mackay Bowling Club
Cnr Nebo Rd & George St, Mackay
Phone: 4957 3571

Mackay & District Senior Citizens’ Club
58 Macalister St, Mackay
Phone: 4951 1444 or 4952 1943

Mackay City Bowls Club
305 Shakespeare St, Mackay
Phone: 4957 4410

Mackay Indoor Bowls Association
Bridge Rd, Mackay
Phone: 4953 4770

Mackay RSL Memorial Bowls Club
Wren St, Slade Point
Phone: 4955 1932
Northern Beaches Bowls Club
Cnr Bucasia Rd & Rosewood Dr, Rural View
Phone: 4954 8677

North Mackay Bowls Club
74 Malcomson St, North Mackay
Phone: 4942 3393

Sarina Bowls Club
Beach Rd, Sarina
Phone: 4956 1612

Souths Suburban Bowls Club
39 Wardrop St, Mackay
Phone: 4957 3233

St Helens Bowls Club
Pratts Rd, Calen
Phone: 4958 8141

Sporting Wheelies & Disabled Association of Queensland
Suburban Bowls Club, Field St, Mackay
Phone: 4953 1991
CRICKET

Mackay Cricket Association
Harrup Park Country Club
Juliet St, Mackay
Phone: 4944 0000

Mackay Indoor Sports Arena
Harbour Rd, North Mackay
Phone: 4957 2672

Walkerston Cricket Club
McLennan Park, Walkerston
Phone: 4952 2466

CROQUET

Mackay Croquet Club Inc
105 Juliet St, Mackay
Phone: 4953 2501

CYCLING – INDOOR

Solutions Health & Fitness Club
15 Evans Ave, North Mackay
Phone: 4951 3473
DANCING

Femnasium Health & Fitness
Boutique for Women
Various types
118 Wood St, Mackay
Phone: 4944 0420

Body ACH Enterprises
Vigor – Fitness
(mixed dance)
International Dance Affair
Shop 2, 26 Evans Ave, North Mackay
Phone: 4957 7752 or 0401 727 856

International Dance Affair
Various types
Shop 2, 26 Evans Ave, North Mackay
Phone: 4942 7367

DANCING – BELLY

Jacarandas Bellydancing
Blue Nurses Hall,
Evans St, Mackay
Phone: 4957 6895

Nancee’s School of Bellydancing
International Dance Affair,
Shop 2, 26 Evans Ave, North Mackay
Phone: 4954 6716 or 0403 080 367

Katraz Dance
38 Grendon St, North Mackay
Phone: 0424 511 736
DANCING – **LINE**

**Riverside Bootscooters**
Various locations
Phone: 4952 6898

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**DANCING – **OLD TIME**

**Dows Creek Hall Committee**
Dows Creek Hall, Dows Creek
Phone: 4959 1484 or 4959 1462

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**Mackay & District Senior Citizens’ Club**
58 Macalister St, Mackay
Phone: 4951 1444 or 4952 1943

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**Mackay Masonic Dancers**
Wood St, Mackay
Phone: 4942 1928 or 4954 6269

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University of the Third Age
Various locations
Phone: 0434 996 802

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**DANCING – **SITTING**

**50 & Better Inc**
Good Shepherd Lodge, McIntyre St, Mackay
Phone: 4957 5549 or 4953 4269 or 4968 3823

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**DANCING – **SQUARE**

**Mackay and District Square Dance Club/Grand Square Dance Inc**
PCYC Complex, off Norris Rd, North Mackay
Phone: 4959 7350 or 4942 5141
FOOTBALL

Kuttabul Rugby Union Club
Lions Park, Cnr Beaconsfield Rd and Glenpark St, Mackay
Phone: 4955 1545

Mackay Wanderers Football Club
Ben Nevis St,
Eaglemount Heights
Phone: 0407 733 501

North Mackay AFL Football Club
1 Cutler Dr, Beaconsfield
Phone: 0412 129 645

Souths Leagues Club
181 Milton St, South Mackay
Phone: 4957 2166
GARDENING

University of the Third Age
Various locations
Phone: 4942 7450

GOLF

Harrup Park Country Club
Juliet St, Mackay
Phone: 4944 0000

Melaleuca Golf Club
17 Keeleys Rd, Andergrove
Phone: 4955 0670

University of the Third Age
Harrup Park, Mackay
Phone: 4958 8352

GROUP EXERCISE – GENTLE

Bodyfit ACH Enterprises
Mobile service
Phone: 0401 727 856 or 4957 7752

Femnasium Health & Fitness
Boutique for Women
Strength for Life (ladies 60+)
118 Wood St, Mackay
Phone: 4944 0420

Jo May-Jolley
Seaforth, Calen, and The Leap areas
Phone: 4959 0981 or 0405 022 079

Pat’s Personal Training
Strength & Conditioning; Resistance Classes
Mobile service
Phone: 0400 179 495

Queensland Keep Fit Association
Heartmoves (Heart Foundation™ endorsed program)
Various locations
Phone: 4957 5178
Queensland Keep Fit Association
Gentle Exercise Class
Andergrove
Phone: 4957 5178

GYM

Bodyfit ACH Enterprises
Personal Training
Mobile service
Phone: 0401 727 856 or 4957 7752

City Fitness Health Club
1B Victoria St, Mackay
Phone: 4957 8269

Contours Women’s Fitness
Suites 1 & 2 The Willetts Centre,
87 Willetts Rd (near Mater Hospital),
Mount Pleasant
Phone: 4822 8024
*No joining fee for seniors

Femnasium Health & Fitness
Boutique for Women
118 Wood St, Mackay
Phone: 4944 0420

Hi Energy Health & Fitness Centres
Boddington Street, Mackay
Phone: 4953 1133
Shop 8 Hibiscus Shopping Centre,
Downie Ave, Bucasia
Phone: 4954 6755

Leading Edge Health & Fitness Centre
193 Milton St, South Mackay
Phone: 4944 0901

Solutions Health & Fitness Club
15 Evans Ave, North Mackay
Phone: 4951 3473

Starbodies Healthy Life Centre
Raymond Croker Ave, Behind Pioneer Valley Hospital, Mount Pleasant
Phone: 4942 6600

Key: Healthy Heart Strength Balance Flexibility
HORSE RIDING

Breakaway Horse Riding Club
Various locations
Phone: 4966 4472

Stoney Creek Trail Rides
Peaks Down Highway, Eton
Phone: 4954 1177
NETBALL
Mackay Indoor Sports Arena
Harbour Rd, North Mackay
Phone: 4957 2672

OUTRIGGING
Sunset Bay Outrigger Club Inc
1 Eimeo Esplanade, Eimeo
Phone: 4954 8488

Key:  Healthy Heart  Strength  Balance  Flexibility
PILATES

Bodyfit ACH Enterprises
Mobile service
Phone: 0401 727 856 or 4957 7752

City Fitness Health Club
Body Balance (involves elements of Yoga, Tai Chi and Pilates)
1B Victoria St Mackay
Phone: 4957 8269

Femnasium Health & Fitness
Boutique for Women
Pilates & Fitball Pilates
118 Wood St, Mackay
Phone: 4944 0420

Flex Fitness
Individual or group classes
Phone: 0417 648 545

Hi Energy Health & Fitness Centres
Boddington St, Mackay &
Shop 8 Hibiscus Shopping Centre,
Downie Ave, Bucasia
Phone: 4953 1133 or 4954 6755

Jo May-Jolley
Pilates and Resistance Classes
Mackay, Seaforth, Calen and The Leap areas
Phone: 0405 022 079 or 4959 0981

Mackay Physiotherapy
Cnr Milton & Gordon Sts, Mackay
Phone: 4951 1727

Pioneer Physiotherapy Centre
Ground Floor, 34 Brisbane St, Mackay
Phone: 4953 5735

Solutions Health & Fitness Club
Pilates & Body Balance (involves elements of Yoga, Tai Chi and Pilates)
15 Evans Ave, North Mackay
Phone: 4951 3473
ROLLER SKATING
Mackay Leisure Centre
95 Broadsound Rd, Mackay
Phone: 4952 1509

RUNNING
Mackay Road Runners Club Inc
Various locations in Mackay
Phone: 4957 7194 or 4957 3427
Casual midweek training no cost

Key: ❤️ Healthy Heart ✨ Strength ✨ Balance ✨ Flexibility
SOCCER

Mackay Indoor Sports Arena
Harbour Rd, North Mackay
Phone: 4957 2672

Mackay Lions Soccer Club Inc
Glenpark St, Andergrove
Phone: 4955 2317

SOFTBALL

Mackay Softball Association
Theo Hansen Park, Beaconsfield Rd, Mackay
Phone: 4956 3131

SQUASH

Mackay Leisure Centre
95 Broadsound Rd, Mackay
Phone: 4952 1509

Squash Courts “52”
52 Brisbane St, Mackay.
Phone: 4957 6430 or 4957 6231
**SWIMMING**

*Bluewater Lagoon*
Caneland Park, River St, Mackay
Phone: 4951 4959
*Free!*

*Mackay Master Swimmers Inc*
42 Mackenzie St, West Mackay
Phone: 4968 6614 or 0419 727 552

*Memorial Swim Centre*
Milton St, Mackay
Phone: 4961 9533

*Mirani Swim Centre*
6 Caroline St, Mirani
Phone: 4959 1239

*Pat Wright Swim School*
8 Lawson St, Mackay
Phone: 4953 1744

*Pioneer Swim Centre*
Malcomson St, North Mackay
Phone: 4957 5767

*Sarina Swim Centre*
Cnr Anzac & Bell Sts, Sarina
Phone: 4956 2156

*Solutions Health and Fitness Club*
15 Evans Ave, North Mackay
Phone: 4951 3473

**SURF LIFE SAVING**

*Eimeo Surf Club*
Eimeo Esplanade, Eimeo
Phone: 4952 2577

*Mackay Surf Club*
East Point Rd, Harbour Beach, Mackay
Phone: 4955 5630

*Sarina Surf Club*
1 Owen Jenkins Dr, Sarina Beach
Phone: 4956 6490

Key: ♡ Healthy Heart  ♦ Strength  ♣ Balance  ♠ Flexibility
TABLE TENNIS

Mackay Table Tennis Association
76 Bridge Rd, Mackay
Phone: 4957 6103 or 4953 3188

TAI CHI

City Fitness Health Club
Body Balance (involves elements of Yoga, Tai Chi and Pilates)
1B Victoria St, Mackay
Phone: 4957 8269

Evercare Clinic
10 River St, Mackay
Phone: 0408 451 461

Solutions Health & Fitness Club
Body Balance (involves elements of Yoga, Tai Chi and Pilates)
15 Evans Ave, North Mackay
Phone: 4951 3473
Email: annesgym@bigpond.com

Queensland Keep Fit Association
Tai Chi for Diabetes, Tai Chi for Arthritis, and Sun & Yang styles
Various Locations
Phone: 4957 5178 or 4954 8860

Vicki Hunt Tai Chi
Mackay Indoor Bowls Hall & George Street Neighbourhood Centre
Phone: 0412 573 937
**TEN PIN BOWLING**

Mackay Leisure Centre  
95 Broadsound Rd, Mackay  
Phone: 4952 1509

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**TENNIS**

Mackay Tennis Association  
Kippen St, Mackay  
Phone: 4953 2022 (club)  
or 4951 2186 (court hire)

Mackay Veterans Tennis Club & Leisure Court  
10 Juliet St, Mackay  
Phone: 4957 5536
VOLLEYBALL

Citybeach Volleyball
1 Illawong Dr, Mackay
Phone: 4957 7266 or 0418 777 221

Mackay Indoor Sports Arena
Harbour Rd, North Mackay
Phone: 4957 2672
WALKING
Walking is one of the best forms of physical activity you can do for all round health. What’s more, it’s inexpensive and can be done by most people almost anywhere!

WALKING - BUSH
Mackay Bushwalkers Club Inc
Various locations
Phone: 4955 2895

WALKING – PATHS
10,000 Steps signed walkways for you to enjoy — Mackay, Sarina and Mirani

Mackay
• Gooseponds, Hicks St
• Botanic Gardens, Lagoon St
• Northview Park, Cnr Shapers Rd & Royal Bvd, Glenella
• Sandfly Creek to Illuka Park
• Caneland Park to Forgan Bridge

Sarina
• Koumala Beach
• Campwin Beach
• Salonika Beach
• Grasstree Beach
• Armstrong Beach
• Sarina Beach
• Sarina town

Mirani
• Helena, Victoria, Alberta & Mary Sts
• Alberta, Margaret & Elizabeth Sts

Tip:
To improve your overall strength to Stay On Your Feet®, take advantage of the fixed outdoor gym equipment at the Goose Ponds 10,000 Steps Walkway in North Mackay. It’s free and easy to use for most people.

For more information, or a 10,000 Steps Brochure, go to one of the Mackay Regional Council offices, or their website at: www.mackay.qld.gov.au
WALKING – SOCIAL/ GROUPS

University of the Third Age
Botanic Gardens,
Lagoon St, Mackay
Phone: 0434 996 802

*Free!

Walking groups are a great way to keep socially active. You can walk and talk, stop at a café, or visit each other for a cold drink after your walks. If you know others are waiting for you to join them for a walk, you are more likely to commit to a routine.

You could become a Heart Foundation Walk Organiser and receive great support and resources, or you could start an informal walking group with friends or people in your neighbourhood.

To find out if there is currently a Heart Foundation Walking Group in your local area, or to start your own, visit the Heart Foundation website at:
www.heartfoundation.org.au
## YOGA

**City Fitness Health Club**  
**Body Balance (involves elements of Yoga, Tai Chi and Pilates)**  
1B Victoria St, Mackay  
Phone: 4957 8269

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**Evercare Clinic**  
**Kundalini Yoga**  
10 River St, Mackay  
Phone: 0408 451 461

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**Femnasium Health & Fitness Boutique for Women**  
118 Wood St, Mackay  
Phone: 4944 0420

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**Hi Energy Health & Fitness Centres**  
Boddington St, Mackay  
Phone: 4953 1133  
Shop 8 Hibiscus Shopping Centre,  
Downie Ave, Bucasia  
Phone: 4954 6755

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**Queensland Keep Fit Association**  
**Yoga with Barb**  
Various types including: Kundalini, chair-based, yoga for back pain  
Various locations throughout Mackay  
Phone: 4957 5178

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**Solutions Health & Fitness Club**  
**Body Balance (involves elements of Yoga, Tai Chi and Pilates)**  
15 Evans Ave, North Mackay  
Phone: 4951 3473

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**Yoga Works**  
Masonic Hall,  
Wood St, Mackay  
Phone: 4942 4171