

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*

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

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 important 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, particularly during peak UV times (10am to 3pm), or for prolonged periods, be sure to 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 especially important for those living in a hot climate, and when being physically active. 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:

[www.health.qld.gov.au/
stayonyourfeet](http://www.health.qld.gov.au/stayonyourfeet)

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, to 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/
stayonyourfeet](http://www.health.qld.gov.au/stayonyourfeet)

Using this directory

Legend and physical activity guide

	Health Benefits	Examples	How much should I do?
	Heart health	Walking Swimming Aerobics Mowing	30 minutes per day (can be accumulated in 10 minute blocks)
	Muscle strength	Pilates Gardening Carrying groceries	2 times per week (on non-consecutive days)
	Balance	Tai Chi Dancing Golf (no cart!)	At least once per week
	Flexibility	Yoga Bowls Gardening Stretching exercises	Every day

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

A

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



No joining fee for seniors

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



B

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



C

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



D

DANCING – LINE

Riverside Bootscoters

Various locations

Phone: 4952 6898



DANCING – OLD TIME

Dows Creek Hall Committee

Dows Creek Hall, Dows Creek

Phone: 4959 1484 or 4959 1462



Mackay & District Senior Citizens' Club

58 Macalister St, Mackay

Phone: 4951 1444 or 4952 1943



Mackay Masonic Dancers

Wood St, Mackay

Phone: 4942 1928 or 4954 6269



University of the Third Age

Various locations

Phone: 0434 996 802



DANCING – SITTING

50 & Better Inc

Good Shepherd Lodge,

McIntyre St, Mackay

Phone: 4957 5549 or 4953 4269
or 4968 3823



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



F

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



G

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



H

HORSE RIDING

Breakaway Horse Riding Club

Various locations

Phone: 4966 4472



Stoney Creek Trail Rides

Peaks Down Highway, Eton

Phone: 4954 1177



N

O

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



P

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



R

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



S

SOCCER

Mackay Indoor Sports Arena

Harbour Rd, North Mackay

Phone: 4957 2672



Mackay Lions Soccer Club Inc

Glenpark St, Andergrove

Phone: 4955 2317



SQUASH

Mackay Leisure Centre

95 Broadsound Rd, Mackay

Phone: 4952 1509



Squash Courts "52"

52 Brisbane St, Mackay.

Phone: 4957 6430 or 4957 6231



SOFTBALL

Mackay Softball Association

Theo Hansen Park, Beaconsfield Rd,
Mackay

Phone: 4956 3131



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



T

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



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



V

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



W

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



Free

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

W

WALKING – 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

Y

YOGA

City Fitness Health Club

Body Balance (involves elements of Yoga, Tai Chi and Pilates)

1B Victoria St, Mackay

Phone: 4957 8269



Evercare Clinic

Kundalini Yoga

10 River St, Mackay

Phone: 0408 451 461



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



Queensland Keep Fit Association Yoga with Barb

**Various types including:
Kundalini, chair-based,
yoga for back pain**

Various locations throughout Mackay

Phone: 4957 5178



Solutions Health & Fitness Club

Body Balance (involves elements of Yoga, Tai Chi and Pilates)

15 Evans Ave, North Mackay

Phone: 4951 3473



Yoga Works

Masonic Hall,
Wood St, Mackay

Phone: 4942 4171



