

Friday 8 November 2013

Over 50? Get Outdoors and Get Healthy at Maroubra

Regular exercise can maintain our health and well-being. Especially for people over 50 years of age, regular strength and balance training could prevent falls.

Over 50s are invited to attend free 'Come and Try' days at the Arthur Byrne Reserve outdoor gym at Maroubra Beach throughout November and early December. The 'Come and Try' days will include exercise instruction sessions facilitated by a qualified fitness leader. It is hoped that free exercise demonstration sessions with qualified instructor will increase skills and knowledge in using the free outdoor gym equipment and encourage local over 50s to make better use of outdoor gyms.

Local outdoor gyms consist of durable, weather and vandal-resistant exercise equipment, for strength training and aerobic exercise, and are freely available to the public, however programming and professional instruction is recommended.

Ashleigh Scott from the Health Promotion Service, Directorate of Planning and Population Health at South Eastern Sydney Local Health District (SESLHD) said more than half of Australian adults do not undertake enough physical activity to gain a health benefit.

"Outdoor gyms are becoming more popular in Australia and internationally, and are free and accessible to everyone at the time convenient to them" said Ms Scott.

"However there are some barriers to their use including a lack of knowledge on how to use them correctly and safely. The proposed 'Come and Try' event will address this knowledge gap".

The Health Promotion Service, SESLHD will be holding a series of 'Come and Try' days at the Arthur Byrne Reserve outdoor gym at Maroubra Beach on the following dates:

- Tuesday 12 November 9am – 11am
- Thursday 14 November 9am – 11am
- Tuesday 19 November 9am – 11am
- Thursday 21 November 9am – 11am
- Tuesday 26 November 9am – 11am
- Thursday 28 November 9am – 11am
- Tuesday 3 December 9am – 11am
- Thursday 5 December 9am – 11am

Interested over 50s should contact Ashleigh Scott on 9382 8640 or email ashleigh.scott@sesiahs.health.nsw.gov.au for more information or to register.