



City of
Melville



Fit For Life



**Keeping active
is important for
every body at every age!**

Did you know?

Only 10% of Australians aged over 50 exercise enough to stay fit.

About half of physical decline associated with ageing is mostly due to lack of physical activity. People over the age of 65 require a level of fitness to help them maintain independence, recover from illness and reduce their risk of disease, more than any other age group.





It is never too late to get fit.

Our bodies respond to exercise regardless of our age and there are many health benefits*.

It is important to keep exercising once you are over 50 to:

- **Maintain muscle mass, strength and physical endurance**
- **Maintain coordination and balance**
- **Maintain joint flexibility and mobility**
- **Maintain bone strength**
- **Avoid increased body fat levels**
- **Avoid increased blood pressure**
- **Maintain good mental health**
- **Reduce the risk of various diseases including cardiovascular disease and stroke.**

**See your doctor before starting a new exercise routine.*

Exercise Myths:

- ✗ Older people are frail and physically weak
- ✗ Our bodies don't need as much exercise as we get older
- ✗ Exercising can be dangerous for older people as they can injure themselves
- ✗ Exercising will wear my body out
- ✗ Only vigorous and sustained exercise is beneficial

The Facts



Muscle

Studies suggest the average body loses 3kg of muscle every decade from middle age. This is due to inactivity rather than age. Muscle mass can increase in an older person with regular exercise.



Bone

Bone loss speeds up from the age of 50, with older people becoming more prone to bone fractures. Weight-bearing exercise keeps bones healthy and strong, reducing bone loss and osteoporosis.



Heart and Lungs

Exercising at moderate intensity will have the most benefits. Regardless of age, people can improve their cardiovascular fitness through regular exercise.

Exercise is important for every body at every age!

Tips for keeping physically active:

- ✓ Choose activities you enjoy, such as exercising with friends. Social connections are good for your mental health!
- ✓ Weight training programs as short as six to eight weeks can increase your muscle mass
- ✓ Start off slowly and aim for small improvements
- ✓ Wear appropriate clothing and safety gear
- ✓ Don't let yourself become dehydrated – drink plenty of water!



Joints

Joints need regular movement to remain supple and healthy.

People with arthritis can benefit from aerobic and strengthening exercises.



Body Fat Levels

Excessive body fat is associated with a range of diseases including diabetes and cardiovascular disease. Regular exercise burns kilojoules, increases muscle mass and speeds up the metabolism helping you maintain a healthy weight.

Activity ideas in the City

LeisureFit Centres

Melville LeisureFit and Booragoon LeisureFit and Aquatic Centre offer a variety of programs and activities for all ages, including tailored programs for over 50s.

To find out more, visit www.melvillecity.com.au/leisurefit or call 9364 0800.

Dancing

Rhein Donau Club

Folk and new vogue dancing for all ages and nationalities.

Venue: Rhein-Donau Club
110 North Lake Road Myaree WA 6154

Contact: 9330 6488

Culture Club

New vogue dancing for seniors.

Venue: Bull Creek Community Centre
Hassell Crescent Bull Creek WA 6149

When: Friday 7.45pm to 10.15pm

Contact: 0411 110 088

Danza Loca

Venue: Blue Gum Recreation Centre Melville WA 6156

When: Mondays 7.30pm to 8.30pm
Wednesdays 7.45pm to 8.45pm

Contact: 0449 913 034



Mood Swings

Venue: Blue Gum Community Centre
Moolyteen Road Brentwood WA 6153

When: Tuesdays and Thursdays, 7.00pm to 9.00pm

Contact: 9478 2829

Symphony Dancers

Venue: Blue Gum Community Centre
Moolyteen Road Brentwood WA 6153

When: Tuesdays 8.00pm to 10.00pm
Fridays 7.30pm to 10.30pm

Contact: Ivan 0412 050 481

Young at Heart Community Club

*Social dancing and other activities for couples and singles aged over 50
(though not limited in ages)*

Venue: Blue Gum Community Centre
Moolyteen Road Brentwood WA 6153

When: Saturday 7.30pm to 10.30pm

Contact: Shirley 9313 1527

Stan's Dancing Melville

*Variety of dancing lessons for all types of
social events.*

Venue: Melville Leisurefit Centre
Cnr Stock Road and
Canning Highway Melville WA 6156

When: Monday 7.30pm to 9.00pm

Contact: Stan 9330 6737,
0409 306 737
or stan@stansdancing.com





Sport and Recreation

Melville Tai Chi

- Venue:** Willagee Community Centre
Cnr Winnacott & Archibald Streets Willagee WA 6156
- When:** Tuesday 7.00pm to 9.00pm
- Contact:** Rocky 0417 958 858

Striker Indoor (formerly The Rec)

Recreation centre featuring an aerobics room, health club, squash courts, indoor cricket and gym.

- Venue:** 55 Farrington Road Leeming WA 6149
- Contact:** 9313 9700 or info@strikerindoorsports.com.au

Winnacott Ladies Badminton

- Venue:** Willagee Community Centre
Cnr Winnacott and Archibald Streets Willagee WA 6156
- When:** Thursday 9.30am to 11.00am
- Contact:** 9364 0848

Prime Movers

Low-impact movement to music programs run by fully trained instructors in a warm, friendly and safe environment.

Locations:

Leisurefit Melville

Venue: Cnr Canning Highway and Stock Road Melville WA 6156

When: Tuesdays 9.30am to 10.30am
Thursdays 9.30am to 10.30am

Contact: Margaret (Tuesday instructor) 0427 448 892
Mary (Thursday instructor) 9332 7292

St David's Anglican Hall

Venue: 54 Simpson Street Ardross WA 6153

When: Wednesday 9.30am to 10.30am

Contact: Margaret 9364 5151

Blue Gum Community Centre

Venue: Moolyeeen Road Brentwood WA 6153

When: Wednesday 10.30am to 11.30am

Contact: Mary 9332 7292

Kardinya Community Centre

Venue: Cnr Prescott Drive and Williamson Road Kardinya WA 6163

When: Tuesdays 8.45am to 9.45am
Thursdays 9.30am to 10.30am

Contact: Pauline (Tuesday instructor) 9365 2281
Margaret (Thursday instructor) 9364 5151

Y Striders Fitness Club

Y Striders is an inclusive walking, jogging and running group that encourages its members to take responsibility for their own exercise habits in a positive and supportive environment. Trainers guide members to achieve their goals at their pace and within their capabilities.

Contact: ystriders@ystriders.org.au or www.ystriders.org.au

Point Walter Golf Course

Venue: Honour Avenue Bicton WA 6157

Contact: 9330 3262 or www.pointwaltergolf.com.au

Willow Pilates

Venues: Bull Creek Community Centre
Hassell Crescent Bull Creek WA 6149

Blue Gum Community Centre
Moolyean Road Brentwood WA 6153

When: Tuesdays 9.15am to 10.15am (Blue Gum)
Thursdays 5.00pm to 6.30pm (Bull Creek)

Contact: 0430 556 939



Lawn Bowls

Melville Bowling Club

Contact: 9330 3370

Kardinya Bowling Club

Contact: 9310 6107

Leeming Bowling Club

Contact: 9310 5400

Mt Pleasant Bowling Club

Contact: 9364 4662

Tennis

Applecross Tennis Club

Contact: Scott (President) 0417 461 807

Blue Gum Tennis Club

Contact: 9364 1638

Bull Creek Tennis Club

Contact: Paul (President) 9332 7303

Kardinya Tennis Club

Contact: Jacinta (President) 0408 433 803

Melville Palmyra Tennis Club

Contact: 9330 2217

Point Walter Golf Course

Contact: 9330 3262





Swimming

Adult Ezy Swim

Easy and enjoyable training sessions for those just beginning or those wanting to get back into swimming. No experience needed, except the ability to swim 50m of a recognised stroke.

Venue: Leisurefit Booragoon
Marmion Street Booragoon WA 6154

Contact: 9457 7785

Adult Learn to Swim

Learn to swim in a relaxed, friendly environment in an indoor heated pool. Classes are led by experienced and qualified instructors and are capped at five people per class.

Venue: Leisurefit Booragoon
Marmion Street Booragoon WA 6154

Contact: 9364 0825

Walking

Bushwalkers of WA

Promotes and encourages bushwalking. A reasonable fitness level is required.

Contact: 9384 5505, enquiries@bushwalkingwa.org.au
or www.bushwalkingwa.org.au.

Garden City Mall Walking Group

A free walking program held at Garden City Shopping Centre. Walks finish with a cool down and Tai Chi within the Centre.

Venue: Garden City Shopping Centre
125 Riseley Street Booragoon WA 6154
Meet in front of JB Hi-Fi

When: Tuesdays and Fridays 7.30am

Contact: 9472 0104



Over 55s Walking Association

Friendly walking group that allows you to walk at your own pace. Many members stay behind and have lunch together afterwards.

When: Tuesdays 10.00am from March until November.

Contact: Bronwen 9448 6965 or bronwen12@hotmail.com



Wireless Hill Walking for Fitness Group

Weekly walking group for fun, pleasure and exercise. Walks are approximately 6.5kms in different areas across the metropolitan area.

Venue: Wireless Hill Park
Telefunken Drive Ardross WA 6153
(meet in the northern car park)

When: Thursdays and Sundays 8.30am

Contact: 9310 1385

Cycling

Over 55s Cycling Club

A club for mature-age cyclists where members ride for fun and to keep fit and healthy. The club arranges various activities including organised rides, camps, tours, social events and training workshops.

Contact: Nev 9448 5764, Steve 9448 3431 or visit <http://o55perth.bike>



**Your fitness is important!
Have you exercised today?**



For more information visit
www.melvilletalks.com.au/fitforlife

Phone

1300 635 845 | 9364 0666

Street Address

10 Almondbury Road Booragoon WA 6154

Postal Address

Locked Bag 1 Booragoon WA 6954

T 1300 635 845 | 9364 0666

www.melvillecity.com.au

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