

The following contacts can provide assistance and direction to finding other exercise and recreation options or groups

**Mallee District Aboriginal Services - Swan Hill**

Contact: Jacinta 03 5032 5277

**Mallee Sports Assembly 03 5033 2008**

Contact: Delia Baber 0429 332 008

[www.malleesportsassembly.org.au](http://www.malleesportsassembly.org.au)

Groups include: Older Adult Exercise Group, Table Tennis  
Tennis for all abilities

**Swan Hill Neighbourhood House 03 5032 1549**

Groups include: Gentle Exercise for Older Adults, Tai Chi,  
Movement to Music, Walking Group

**Swan Hill Region Information Centre 03 5032 3033**

**Swan Hill Rural City Council 03 5036 4700**

Contact: Carolyn Harrop

**Community Care Services**

- Several exercise groups conducted with 'social support leader'
- People attending these activities must be assessed as eligible

**Also refer to Regional and Local Phonebooks**



Endorsed July 2013

Swan Hill Community Services Network

[www.smpcp.com.au](http://www.smpcp.com.au)

## Fitness for Older Adults Swan Hill & District Exercise Directory

**30 minutes of moderate exercise per day (doesn't have to be in 1 block) is recommended for health benefits including:**



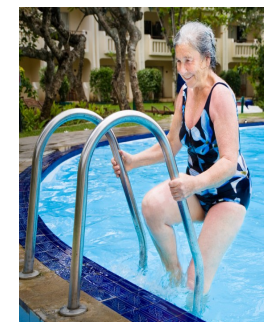
- Improved mobility, strength, flexibility, balance and energy levels
- Improved sleep
- Improved heart and lung health
- Maintenance of blood pressure and sugar levels
- Improved mood and stress relief
- Reduction in some forms of pain
- Maintenance of weight or weight loss
- Reduce risk of dementia

**How to exercise moderately:**

- To exercise moderately you should be able to talk but not sing when exercising
- Choose an exercise activity that you enjoy possibly with a friend

**Safety considerations:**

- Seek advice from your doctor or health professional if you have health conditions before commencing exercise
- Keep hydrated with water
- If you feel pain reduce the intensity and seek professional advice
- Do not exercise in extreme temperatures or weather conditions



**Contact the following numbers for advice on how to become involved in exercise.  
For outer district areas contact your health service for additional information.**

### **Gyms**

**Swan Hill Leisure Centre:**      **03 5032 5222**  
**Curves for Women:**            **03 5032 9557**  
**Voyager Fitness:**                **03 5032 5468**

### **Lawn Bowls Clubs**

**Swan Hill Bowls Club:**            **03 5032 1772**  
**Swan Hill Racecourse:**        **03 5032 4114**  
**Lake Boga:**                        **03 5037 2301**  
**Nyah District:**                   **03 5030 2436**  
**Manangatang:**                   **03 5035 1468**

### **Senior Citizens Clubs**

**Manangatang**                        **03 5035 1309**  
 President- Mrs Shirley Taylor  
**Nyah West & District**            **03 5030 5020**  
 President- Mrs Esther Mensforth  
**Swan Hill**                              **0423 521 400**  
 President- MrJohn Cornell-Reilly



### **Southern Mallee Older Adult Recreation Network (SMOARN)**      **03 5033 0768**

Contact: Verna Currie

- Social group that runs minor games and has monthly meeting and luncheon
- Carpet bowls twice a month

### **Swan Hill District Health Exercise Programs**

**Community Rehabilitation Centre**      **03 5033 9321**

Groups include: Exercise for Health Conditions, Tai Chi, Hydrotherapy, Falls & Balance, Cardiac Rehab, Pulmonary Rehab, ADD Life (Activity and Dietary Decisions on Life), HEAL (Healthy Eating, Activity and Lifestyle Program)

**Health Promotion**                        **03 5033 9337**

Groups include: WALK (Women Able to Lose Kilos), Heartmoves, Heart Foundation Walking, Blokes in the Kitchen

### **Swan Hill Indoor Sport & Recreation Centre**

**03 5032 4024**

Activities include: Badminton, Netball, Basketball, Table Tennis, Volleyball, Squash

### **Swimming Pools**

**Swan Hill Leisure Centre**                        **03 5032 5222**

- Indoor heated pool, Pritchard Street
- Outdoor pool, Monash Drive, Summer season

**Nyah Two Bays Swim Club**                        **03 5030 2461**

**Manangatang Swimming Pool**                        **03 5032 4024**

### **Tennis and Croquet**

**03 5032 1823**

Yana St, Swan Hill

### **Walking Groups**

**Nyah West**                                        **03 5030 2795**

Contact: Lucy Dacey

**Woorinen South**                                        **03 5033 0768**

Contact: Verna Currie