



Healthy Lifestyle

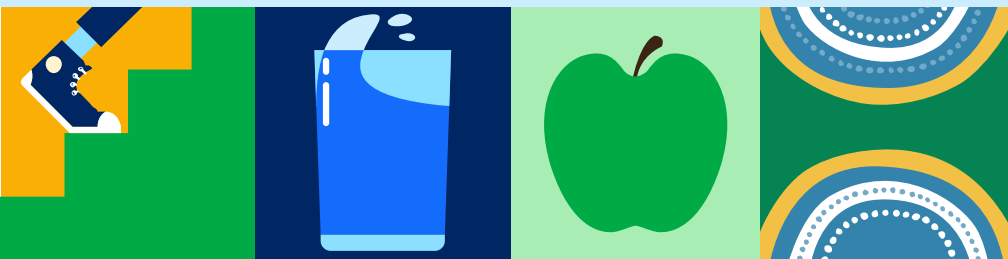
Term 1, 2024 | February — April

get fit • feel good • have fun

www.nshealthpromotion.com.au

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About the Courses

Healthy Lifestyle provides low cost and accessible physical activity classes for older adults across Northern Sydney.

Courses run during school terms and are held in community venues in the Hornsby, Ku-ring-gai, Ryde, Northern Beaches and Lower North Shore areas.

Our exercise leaders are fitness professionals with experience working with older adults.

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Course Information

Course Duration Healthy Lifestyle courses vary in duration each term. No classes are delivered on Public Holidays.

Please ensure you check start and finish dates and refer to notes under specific courses.

Course Fee A term fee is charged for all courses to cover program operating costs. No concession rates are available.
10 week standard course fee: **\$120.00**

Class Duration Generally courses run for 50 minutes unless otherwise stated.

Aqua classes vary from 30 to 45 minutes depending on the venue.

Class suitability Please refer to website under Medical and Health Professional information for further details or contact Healthy Lifestyle.

Our classes are not suitable for those with cognitive impairment or walking aids.

Exercise Equipment No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats and pool noodles). Please speak to your class leader about specific requirements.

COVID-19 Safe Measures All Healthy Lifestyle Exercise Leaders meet mandatory NSW Health COVID-19 vaccination requirements.

Healthy Lifestyle COVID-19 safe procedures including physical distancing, no shared equipment, hygiene and ventilation are in accordance with local health advice.

Although every effort is made to adhere to the term program, Healthy Lifestyle retains the right to cancel or change arrangements at short notice.

How to Enrol

Healthy Lifestyle is transitioning to an online enrolment platform.

Online bookings available Term 1 2024

Enrolments open from 9am Monday 8th January 2024

How to enrol

- Enrol directly ONLINE through the Healthy Lifestyle website www.nslhd.health.nsw.gov.au/healthpromotion
- Select “**Book online**”

If you require additional support booking online please contact

Healthy Lifestyle Tech Support

Available: Monday - Friday (9.00am – 3.00pm)

Phone: 8424 9400

Email: nslhd-lifestyletechsupport@health.nsw.gov.au

If you are unable to book online:

- Enrolment forms can be accessed from our website or contact Healthy Lifestyle.
- Once you have completed Enrolment form, together with the Pre-Exercise Questionnaire and Medical Clearance Form (if required).
Email or Mail your completed forms to us.

Website: www.nslhd.health.nsw.gov.au/healthpromotion

Email : nslhd-healthy lifestyle@health.nsw.gov.au

Post: Healthy Lifestyle Level 5, RNS CHC,
2C Herbert Street, St Leonards NSW 2065

Cheque payments:

Are no longer accepted by Northern Sydney Local Health District.



Virtual Exercise

Group exercise class delivered by video conference. Seated and supported standing exercises focusing on core strength, stability, mobilising the joints and improving postural alignment. Participants can choose to bring their own exercise bands and small hand/ankle weights.

Participants will require access to a home computer or tablet with working camera, microphone and internet access and space to exercise safely at home.

All participants will need to satisfactorily complete a "Tech and Safety" check prior to enrolment confirmation to ensure the above requirements are met.

General exercise

VGE124W1	Wed	9.45am	7 Feb-10 Apr	On-line
VGE124W2	Wed	10.45am	7 Feb-10 Apr	On-line



Aqua Exercise

Held in community pools and faster pace than warm water exercise. Gentle Pace is suitable for those with joint problems and for beginners. Medium Pace is a faster workout for fitter people in deeper water that aims to improve fitness.

Classes at Ryde: A separate entry fee is payable at this pool. Enquire about a multi-visit card at reception.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (ie pool noodles). Please speak to your class leader about specific requirements.



Gentle Pace @ Ryde

(Waist-chest depth pool with ramp entry)

RAG124T	Tue	8.00am	6 Feb-9 Apr	Ryde
RAG124W	Wed	8.00am	7 Feb-10 Apr	Ryde

Medium Pace @ Ryde

(Deeper water, up to 1.8 m depth, with ladder entry. Participants need to place head under water to cross lane dividers. Must be confident in deeper water)

RAM124M	Mon	9.00am	5 Feb-8 Apr	Ryde
RAM124W	Wed	9.00am	7 Feb-10 Apr	Ryde
RAM124W1	Wed	10.00am	7 Feb-10 Apr	Ryde

Medium Pace @ Terrey Hills

NA124THM	Mon	12.00pm	5 Feb-8 Apr	Terrey Hills
NA124THW	Wed	12:00pm	7 Feb-10 Apr	Terrey Hills
NA124THR	Thu	1.15pm	8 Feb-11 Apr	Terrey Hills

Medium Pace @ Ravenswood

HA124RWR	Thur	7.00 pm	8 Feb-11 Apr	Gordon
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Ai Chi

Ai Chi classes consist of Tai Chi style movements in warm water (See Warm Water Exercise).

NAAC124T	Tue	1.00pm	6 Feb-9 Apr	Mona Vale
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Warm Water Exercise

Gentle classes in a hydrotherapy pool which are helpful for arthritis and joint mobility.

If you are new to exercise, begin with a Gentle Pace class first.

For mixed level classes, participants are encouraged to exercise in accordance with their fitness level.

No exercise equipment is supplied by Healthy Lifestyle.

Participants can bring their own equipment to class (ie pool noodles). Please speak to your class leader about specific requirements.



Mixed

HA124M1	Mon	12.00pm	5 Feb-8 Apr	Hornsby
HA124M2	Mon	12.45pm	5 Feb-8 Apr	Hornsby
HA124T1	Tue	12.00pm	6 Feb-9 Apr	Hornsby
HA124T4	Tue	5.30pm	6 Feb-9 Apr	Hornsby
HA124T3	Tue	6.15pm	6 Feb-9 Apr	Hornsby
HA124W1	Wed	12.00pm	7 Feb-10 Apr	Hornsby
HA124W3	Wed	12.45pm	7 Feb-10 Apr	Hornsby
HA124W2	Wed	6.30 pm	7 Feb-10 Apr	Hornsby
HA124R1	Thu	6.15pm	8 Feb-11 Apr	Hornsby
HA124S1	Sat	8.30am	3 Feb-13 Apr	Hornsby
HA124S2	Sat	9.15am	3 Feb-13 Apr	Hornsby

Gentle Pace

NAG124M	Mon	10.30am	5 Feb-8 Apr	Mona Vale
NAG124M1	Mon	2.30pm	5 Feb-8 Apr	Mona Vale
NAG124M2	Mon	3.45pm	5 Feb-8 Apr	Mona Vale
NAG124T	Tue	2.00pm	6 Feb-9 Apr	Mona Vale
NAG124T1	Tue	3.00pm	6 Feb-9 Apr	Mona Vale
NAG124F3	Fri	9.00am	2 Feb-12 Apr	Mona Vale
NAG124F	Fri	10.15am	2 Feb-12 Apr	Mona Vale
NAG124F1	Fri	1.00pm	2 Feb-12 Apr	Mona Vale
NAG124F2	Fri	2.15pm	2 Feb-12 Apr	Mona Vale

Medium Pace

NAM124M	Mon	5.00pm	5 Feb-8 Apr	Mona Vale
NAM124T	Tue	5.00pm	6 Feb-9 Apr	Mona Vale
NAM124W	Wed	5.30pm	7 Feb-10 Apr	Mona Vale
NAM124S	Sat	8.00am	3 Feb-13 Apr	Mona Vale
NAM124S1	Sat	9.00am	3 Feb-13 Apr	Mona Vale

Functional Strength & Balance

The aim of this class is to improve agility, muscle/ bone strength and balance.

These exercises typically use the whole body

i.e. multiple muscles and your body's weight to challenge resistance.

No exercise equipment is supplied by Healthy Lifestyle.

Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats). Please speak to your class leader about specific requirements.



LFSB124M1	Mon	9.00am	5 Feb-8 Apr	Lane Cove
NFSB124M2	Mon	9.00am	5 Feb-8 Apr	Avalon
LFSB124M2	Mon	10.00am	5 Feb-8 Apr	Lane Cove
NFSB124M3	Mon	10.00am	5 Feb-8 Apr	Avalon
HFSB124M1	Mon	10.00am	5 Feb-8 Apr	Pennant Hills
HFSB124M3	Mon	10.00am	5 Feb-8 Apr	Turrumurra ¹
NFSB124M4	Mon	10.15am	5 Feb-8 Apr	Narrabeen
HFSB124M2	Mon	11.00am	5 Feb-8 Apr	Turrumurra ¹
RFSB124T	Tue	9.00am	6 Feb-9 Apr	Boronia Park
NFSB124T	Tue	9.30am	6 Feb-9 Apr	Warriewood
NFSB124T1 *NEW	Tue	10.30am	6 Feb-9 Apr	Warriewood
LFSB124T1	Tue	10.30am	6 Feb-9 Apr	Lane Cove
NFSB124T2 *NEW	Tue	10.30am	6 Feb-9 Apr	Forestville
LFSB124T3	Tue	9.15am	6 Feb-9 Apr	Mosman
NFSB124W1	Wed	9.15am	7 Feb-10 Apr	Narrabeen
NFSB124W2	Wed	10.15am	7 Feb-10 Apr	Narrabeen
LFSB124R1	Thu	8.45am	8 Feb-11 Apr	Lane Cove
NFSB124R1	Thu	9.15am	8 Feb-11 Apr	Freshwater
LFSB124R2	Thu	9.45am	8 Feb-11 Apr	Lane Cove
NFSB124R2	Thu	10.15am	8 Feb-11 Apr	Freshwater
HFSB124R1	Thu	10.45am	8 Feb-11 Apr	Turrumurra ¹
LFSB124R3	Thu	11.15am	8 Feb-11 Apr	Lane Cove
HFSB124R2	Thu	11.45am	8 Feb-11 Apr	Turrumurra ¹
LFSB124R4	Thu	12.15pm	8 Feb-11 Apr	Lane Cove
RFSB124F	Fri	9:00am	2 Feb-12 Apr	Boronia Park

Men's MoveMENT – Fitness Class

Taught by a male instructor these circuit style classes challenge fitness, strength and balance. A great way to meet new mates.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats). Please speak to your class leader about specific requirements.

LMM124T	Tue	9.00am	6 Feb-9 Apr	Lane Cove
RMM124F	Fri	8.00am	2 Feb-12 Apr	Boronia Park



Yoga

Our yoga classes are centred around a range of standing poses, to enhance mobility, strength and balance for body and mind.

This class incorporates some floor poses and relaxation.

No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (mats). Please speak to your class leader about specific requirements.

HY124M	Mon	9.30am	5 Feb-8 Apr	Turrumurra
HY124M2	Mon	10.30am	5 Feb-8 Apr	Turrumurra
HY124M1	Mon	5.45 pm	5 Feb-8 Apr	Turrumurra ²
HY124T3	Tue	7.00pm	6 Feb-9 Apr	Berowra
HY124W *NEW	Wed	9.00am	7 Feb-10 Apr	Pennant Hills
HY124F	Fri	9.00am	2 Feb-12 Apr	Turrumurra ²



Stretch & Tone

This class focuses on flexibility, mobility and improving postural alignment. This class involves both chair supported and standing exercise variations and is suited to a range of fitness levels.

HST124M1	Mon	8.00am	5 Feb-8 Apr	Pennant Hills
HST124M	Mon	9.00am	5 Feb-8 Apr	Pennant Hills
LST124W	Wed	8:30am	7 Feb-10 Apr	Lane Cove
NST124W1	Wed	9.00am	7 Feb-10 Apr	Narrabeen
HST124R1	Thur	9.00am	8 Feb-11 Apr	Pennant Hills
HST124R2	Thur	10.00am	8 Feb-11 Apr	Pennant Hills

Tone and Balance

This class focuses on balance and lower limb strength. Maintaining these fitness components are important to maintain function and prevent falls. This class involves both chair supported and standing exercise variations.

This class would suit those who have recently completed our Stepping On falls prevention program.

LTB124M	Mon	1.30pm	5 Feb-8 Apr	St Leonards
LTB124T	Tue	10.15am	6 Feb-9 Apr	Mosman
LTB124T1	Tue	12.00pm	6 Feb-9 Apr	Mosman ¹
NTB124W	Wed	10.30am	7 Feb-10 Apr	Manly
NTB124R	Thu	9.00am	8 Feb-11 Apr	Narrabeen
RTB124R	Thu	12.30pm	8 Feb-11 Apr	North Ryde
RTB124R1	Thu	1.30pm	8 Feb-11 Apr	North Ryde
HTB124F	Fri	9.30am	2 Feb-12 Apr	Hornsby ¹
HTB124F1	Fri	10.30am	2 Feb-12 Apr	Hornsby ¹

Tai Chi Moves

Tai Chi Moves involves a series of moving exercises connected with breathing to promote balance, good posture, joint mobility and relaxation. Although there are many different styles of Tai Chi practice, this class focusses on standing and moving leg patterns which are beneficial for falls prevention and mobility in older people.

HTC124M	Mon	12.00 pm	5 Feb-8 Apr	Turrumurra ¹
NTC124W	Wed	9.30am	7 Feb-10 Apr	Avalon
NTC124R	Thu	9.30am	8 Feb-11 Apr	Forestville



Gentle Exercise

This class is ideal if you are a beginner, or not so active, and want to focus on balance, mobility and strength. Includes chair-based and standing exercises to build strength and stability, in addition to easy moves to challenge co-ordination.

Easy-Medium Pace

NGEE124T	Tue	9.30am	6 Feb-9 Apr	Forestville
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General

RGEG124F	Fri	10.00am	2 Feb-12 Apr	Boronia Park
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Active Exercise

This class suits active participants who are already engaged in regular physical activity or have completed at least two terms of the Gentle Exercise class. Exercises includes low impact standing and floor exercises, with minimal chair-based options. Strengthening, muscle toning, balance and coordination are all challenged in this class.

NAEM124W	Wed	9:15am	7 Feb-10 Apr	North Curl Curl
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NAEM124W1	Wed	11.00am	7 Feb-10 Apr	Avalon
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Terms and Conditions

Booking Conditions

- **Enrolments are processed on a first come first serve basis**
 - ◆ **Term 1 enrolments close Sunday 25th February 2024**
 - ◆ No re-enrolments (rolling enrolments from term to term) will be offered.
- Enrol online @ www.nshealthpromotion.com.au Email /Mail forms accepted. Refer to How to Enrol on page 3 for specific details.
- Receipts and any correspondence is emailed to you after your enrolment has been processed.
- **All courses will require participants to complete an annual Pre-Exercise Questionnaire.** Completion of a Medical Clearance Form will only be required for those participants who answer "Yes" to any of the Pre-Exercise screening questions or report a significant change in their health status.
- Classes are not held on public holidays.
- Courses vary in duration each term. Please refer to the Term brochure for specific information about course durations before enrolling.
- No exercise equipment is supplied by Healthy Lifestyle. Participants can bring their own equipment to class (exercise bands, hand/ankle weights, mats and pool noodles). Please speak to your class leader about specific requirements.

Program Conditions

- By enrolling in our physical activity program you agree to abide by our rules and conditions and to be courteous to other participants, Leaders, guests and venue staff. You are agreeing to be guided by our trained Leaders in participating in our physical activity program chosen by you. You will participate to the best of your ability and advise the Leader of any difficulties or concerns you may have in your participation in the various exercises.
- By enrolling into a particular class/es within the Healthy Lifestyle physical activity program, you are agreeing:
 - ◆ That you are physically able to participate in that class/es.
 - ◆ That you know of no medical or other reason why you cannot or should not participate in that class/es.
 - ◆ To provide a signed Medical Clearance Form completed by your doctor, where required.
- If you believe any of the physical activities performed during the class might risk your health, you must tell the Leader immediately.
- You must also tell Healthy Lifestyle, immediately if your medical condition changes after you join our exercise program.
- You are encouraged to consult with your doctor regarding your suitability and participation in the Healthy Lifestyle exercise program.
- **Classes not suitable for those with walking aids**
- As a safeguard to yourself and other participants, you must not participate in class if you have:
 - ◆ Unwell, have any flu like symptoms or confirmed as having COVID-19
 - ◆ Physical ailment, such as tinea, an open cut, sore or wound or incontinence – for water based classes only.
 - ◆ Other risk, however small, to other participants, Leader/s and guests.

Refunds and Cancellations

Healthy Lifestyle course/class cancellations

- Healthy Lifestyle reserves the right to determine whether a participant is safe and suitable for the course in which he/she has enrolled. Where possible, a more suitable course will be offered or a refund will be issued.
- Healthy Lifestyle reviews the viability of each class prior to commencement of term.
- If Healthy Lifestyle cancels a course and a suitable alternative is not available, a full refund of your course fee will be issued.
- If Healthy Lifestyle cancels an individual class/es due to leader illness or a venue issue, we will endeavour to find a replacement leader/venue. If it is not possible to secure a replacement Leader/venue a class refund will be issued.

Participant refund requests

- Healthy Lifestyle does not accept responsibility for participants' non-attendance of classes due to changes in personal or business circumstances/commitments during the term.
- Healthy Lifestyle is unable to offer make-up classes or credits for non-attended classes.
- An administration fee of \$20 will be charged for all participant refund requests.
- Participants who withdraw from a course with at least 5 working days' notice before the course begins may request a refund.
- In the event that you are unwell and unable to attend your class/es a refund may be requested. Refund requests will be processed for medical reasons only with an accompanying medical certificate. Please allow 4 to 6 weeks processing for all refund types.

Course Venues

Avalon	Avalon Recreation Centre, 59 Old Barrenjoey Road. ¹ Avalon Recreation Centre Annexe, behind Dunbar Park
Berowra	Community Health Centre, 123 Berowra Waters Road
Boronia Park	Uniting Church Hall, 93a Pittwater Road.
Forestville	Forestville Senior Citizens Centre, (main hall), Cnr Warringah Rd & Starkey Street.
Freshwater	Freshwater Surf Life Saving Club, Kooloora Ave.
Gordon	Ravenswood Girls School Pool, 10 Henry Street, Gordon.
Hornsby	Hornsby Ku-ring-gai Hospital Hydrotherapy Pool, Derby Road. ¹ Hornsby Uniting Church, 24 William Street
Lane Cove	LCM Churches, Finlayson Street (just off Rosenthal).
Manly	Manly Seniors, Corner of Balgowlah and Pittwater Road,
Mona Vale	Mona Vale Hospital Hydrotherapy Pool, Coronation Street.
Mosman	Mosman Square Seniors' Centre, Civic Square, Military Road. ¹ Mosman Art Gallery (Melody room), 1 Art Gallery Way.
Narrabeen	Narrabeen Tramshed, 1395A Pittwater Road.
North Curl Curl	North Curl Curl Community Centre, Cnr Abbott & Griffin Roads. (Carpark entrance on Abbott Rd)
North Ryde	North Ryde Community Church, 2 Cutler Parade (Enter via gate end of car park)
Pennant Hills	Community Health Centre, 5 Fisher Avenue.
Ryde	Ryde Aquatic Centre, 504 Victoria Road.
St Leonards	Community Health Centre, Ground floor, 2c Herbert Street
Terrey Hills	Terrey Hills Swim School, 31 Myoora Road.
Turramurra	The Masonic Centre, 1247 Pacific Highway ¹ Turramurra Uniting Church, 10 Turramurra Avenue ² Turramurra Community Hall/Seniors , 1 Gilroy Road.
Warriewood	Ted Blackwood Community Centre, Cnr Jackson Road & Boondah Road