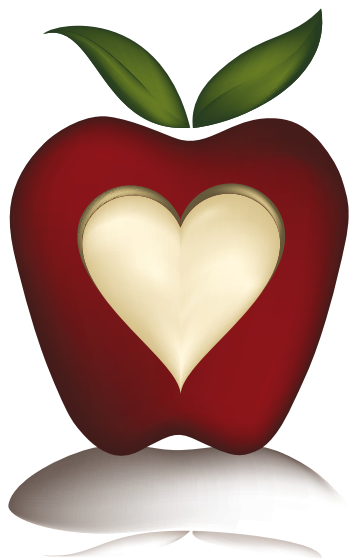


“ Why do we need
to be active? ”



- ♥ To reduce the risk of heart disease
- ♥ To enjoy life more
- ♥ To help you cope with stress
- ♥ To help maintain healthy weight and shape
- ♥ To help keep our bones strong
- ♥ Helps to reduce the effects of ageing by improving mobility balance and muscle strength

Combining a healthy eating plan with an active lifestyle gets the best and fastest results.

It only takes as little as thirty minutes of activity each day to have real benefits for heart health. You can even break this up into three ten-minute blocks of exercise.

Make a difference, start today!

Coalfields Healthy Heartbeat is a project of the Samaritans Foundation, funded by Hunter New England Local Health District, aimed at **Promoting Healthy Active Lifestyles** in the Cessnock local government area.

Coalfields Healthy Heartbeat is located at:

Samaritans Information and Neighbourhood Centre

198 - 202 Vincent Street

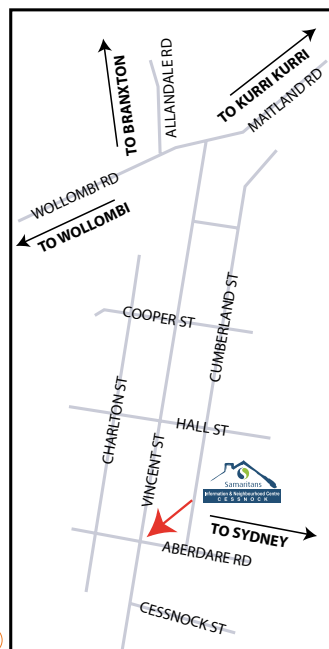
Cessnock 2325

Ph: 02 4993 3410

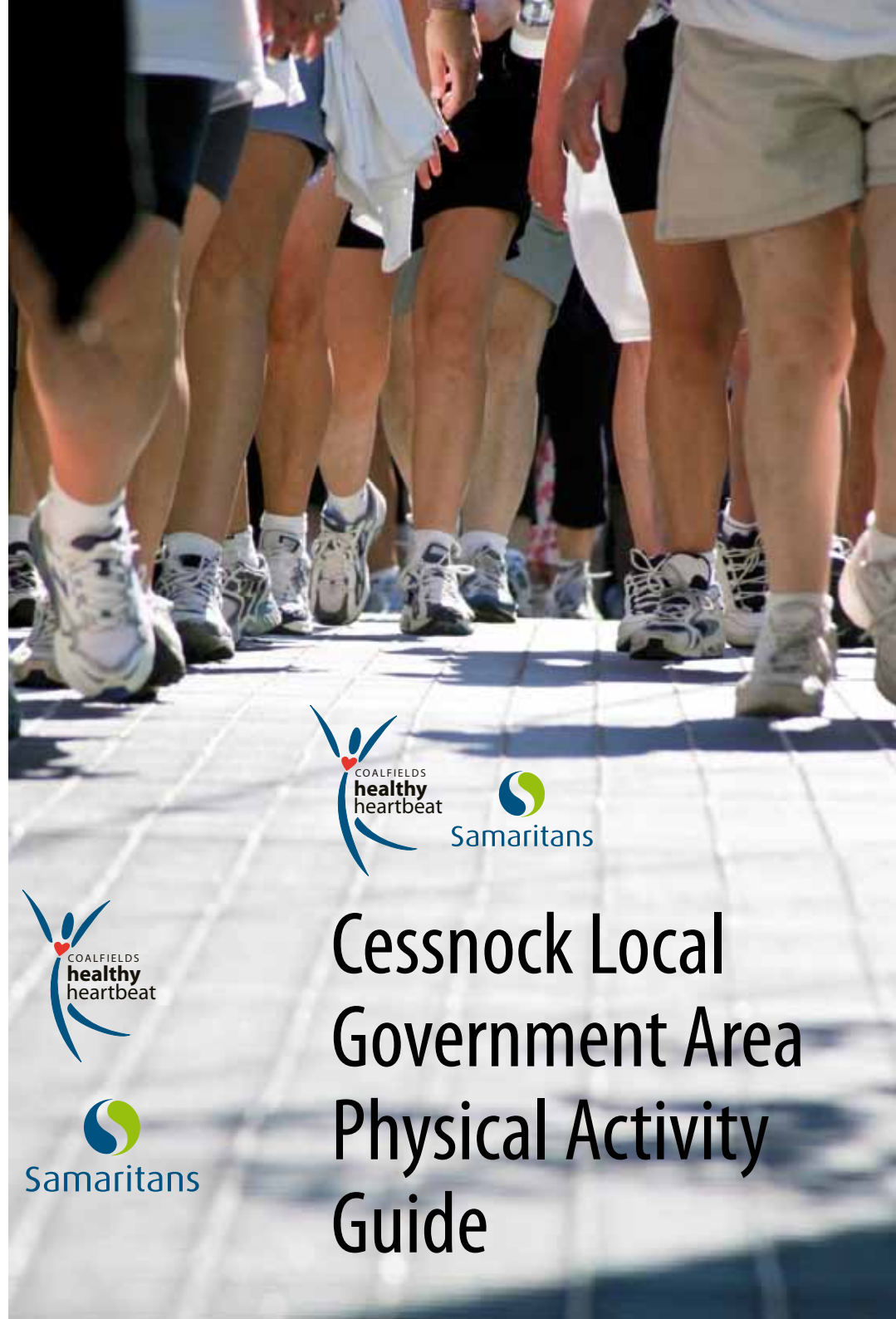
Fax: 02 4993 3460

For more information on any of the activities or to find out more about living a Healthy Lifestyle contact us.

Phone: **02 4993 3410**



eyedesign 4991 7670



Cessnock Local Government Area Physical Activity Guide



COMMUNITY CENTRES

Cessnock PCYC - 4991 1407

www.pycnsw.org/cessnock

♥ gymnastics, karate, kindy gym, sports aerobics, indoor rock climbing

Kurri Kurri Community Centre - 4937 4555

www.kkcc.com.au/otherservices/recreation

♥ gymnastics, dance classes, gentle aerobics, tai chi



AQUATICS

Cessnock Public Swimming Pool - 4990 3704

Branxton Public Swimming Pool - 4938 1450

Cessnock Masters Swimming - 4991 3363

Kurri Kurri Aquatic Centre - 4937 1362

www.ymcasydneymc.org/centre/kurrikurri

♥ swim squads, gym, aqua aerobics



ATHLETICS

Branxton-Greta Little Athletics - 4938 3583

Cessnock Athletics Centre - 4990 6027

www.cessnockathletics.com

Kurri Kurri Little Athletics Club - 4937 1621

www.kurrikurrielittleathletics.com.au



GYMS

Cessnock: Curves Fitness Centres - 4990 8044

www.curves.com.au

Cessnock: Total Fitness Gym - 4990 4066

www.totalfitnesscessnock.com.au

Cessnock: Anytime Fitness - 4991 3534

www.anytimefitness.com.au/en-au/clubs/AU-1025/Cessnock-NSW-health-club

“What’s on Where?”

Try something on your own that you think you will enjoy; walking the dog, gardening, washing the car, mowing the lawn, dancing, exploring local walking trails with the family, playing a sport or joining an exercise group.

WALKING

The most popular physical activity in Australia is walking. It is free, easy and enjoyable for all ages.



Heart Foundation

Walking

♥ Join or start a Heart Foundation Walking group in your area. For more information on Heart Foundation Walking, go to www.heartfoundation.org.au/walking

♥ Improve your health and meet new people.

♥ Take on the Internationally enjoyed 10,000 Steps challenge. Using a pedometer and writing down your daily step count, you progressively increase your activity daily to achieve 10,000 steps per day.



Contact the **Coalfields Healthy Heartbeat** Office in Cessnock to find out more about walking in your area, how to start a group, the incentives available and to get a copy of the Walking Trail Guide.

Call 4993 3410

Email: chhb@samaritans.org.au

YOGA AND TAI CHI

Branxton: Five Elements Tai Chi - 0407 248 644

Cessnock: Dolphin Healing & Training Centre
4991 1100

Cessnock: Satyananda Yoga - 4998 8141

Cessnock: East Coast Yong Nian Tai Chi

4976 3272 or 0408 969 745

www.atasteoftaichi.com.au



OTHER

Special Olympics Hunter Valley - 4990 6547

http://www.specialolympics.com.au/index.php/nsw/hunter_valley



“Join or start
a Heart Foundation
Walking group
in your area”



Check the Cessnock City Council Community Directory online for a list of sporting clubs in your area. www.cessnock.nsw.gov.au/comcul/community/directory

→ Click on Community Directory link.

