

Active and Healthy Program Type definitions

Free program: A program with no cost and no donations required to attend.

Outdoor program: A program delivered outside, which may include activities in parks, outdoor gyms, or other outdoor settings.

Gentle exercise: A program including low impact exercise. Gentle exercise does not include high impact exercises where both feet leave the ground at the same time such as jumping, running, and sports like basketball or soccer. Participants can still increase their heart rate during gentle exercise.

Tai Chi or Qi Gong: Programs offering a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. They are based on Chinese martial art and involve exercises to optimise energy with the goal of improving and maintaining health and well-being. Tai Chi requires space to move around whereas Qi Gong exercise can be done in limited space.

Stepping On: A 7 week falls prevention program for adults aged 65 years and over and Aboriginal adults 45 years and over. The program teaches participants how to reduce their risk of falling and how to maintain their independence. It includes gentle group exercise and educational talks from experts.

Yoga or Pilates: Yoga uses physical postures, breathing exercises, and meditation to improve overall health. It is often performed on the floor or a chair. Pilates is a style of mind-body exercise designed to improve physical strength, flexibility, balance, and posture. It can be performed on the floor or with specialised equipment.

Walking groups: An organised group that meets regularly to take part in a walk, providing an opportunity to socialise with others. Walking groups can take place indoors and/or outdoors.

Aqua aerobics / water exercise: A program including exercise performed in water, such as a swimming pool. Exercises are mostly done standing in waist deep or deeper water. Program listings will advise if water temperatures are warm.

Dance: A program including movement of the body in a rhythmic way, usually to music. Dance programs vary from chair dancing to Zumba. Program listings will include further details.

Progressive resistance (strength) training: A program that includes exercises designed to improve the strength and size of your muscles. Exercises should aim to progressively challenge different muscle groups so that they become stronger. Examples include exercises using resistance bands, ankle weights and dumbbells, or weight machine exercises such as leg press or chest press.

Virtual program: A program run online or over the phone allowing participants to join from a computer, laptop, or phone. Virtual programs are listed across all of NSW. If a program is hybrid where participants can join virtually or face-to-face, there will be a listing for each.

Other: Programs that do not fit into any of the categories listed above but can help you get active.

