

## **Why go to the gym?**

Regular physical activity can help make everyday living easier and more enjoyable. The benefits to your body are many and include increased fitness, better muscle strength, weight control and improved co-ordination and balance.

Regular physical activity can also help prevent injury and decrease stress. The role of physical activity for people with disabilities can have wider health benefits, as it may help in the prevention and management of secondary health complications. Therefore you should remain physically active, no matter what your age. Maintaining a routine means you keep physically active, which keeps you at your best.

## **Who can be involved?**

Anyone! The gym caters for any age and any disability. Currently the gym includes amputees, people with cerebral palsy, traumatic head or spinal injuries, visually impaired, spina bifida and many other physical disabilities (for example: multiple sclerosis, polio, Friedreich's ataxia). If you want to become more physically active, we can help.

## **How do I get involved?**

There are two ways you can get started on your health and fitness program:

### **1. Join Sporting Wheelies and Disabled Association Gym (Brisbane)**

The Association operates its own fully equipped gymnasium at the Bowen Hills Office. The gym caters for those who simply want to exercise lightly and have a chat to their friends through to elite athletes.

Others are in the process of rehabilitation and the gym forms an important part of their recovery process. The gym has been operating since 1985 and has developed into one of the best specialist gyms for people with a disability in Queensland.

The first step towards joining is to ring and make an appointment to see our gym staff for a health assessment. This assessment enables the staff to obtain your medical background and to gain a clear idea of your health and fitness goals. This ensures that your exercise program is designed specifically for your needs.

During your assessment, you will be shown how to perform the exercises safely and for maximum benefit. The gym is supervised at all times, allowing your workout to be constantly monitored. The gym is air-conditioned, the atmosphere is friendly and the equipment has been modified to accommodate wheelchairs.

The major modifications include wider and lower benches to allow easy transfers from wheelchairs, removable seats on some machines allowing exercise from your wheelchair, quad mitts available to assist grip, aerobic equipment for both ambulant and wheelchair exercisers. The gym staff are trained and experienced in assisting exercisers with a disability and will provide help and encouragement at all times.

A Massage service is available at a very affordable rate.

### **2. Join Your Local Gym**

If the Bowen Hills Gymnasium is difficult for you to get to, you may prefer to join a gym closer to you. Contact our Bowen Hills Office and our staff can help you find a suitable gym. Furthermore, they can provide a personal fitness program for you, based on the equipment that is available at your local gym.

Our Regional offices also conduct supervised exercise programs for people with a disability:

#### **Cairns**

Contact the Cairns office for Program details; Sportsworld, Beaches and Slim City are accessible for wheelchairs and offer concession rates.

#### **Townsville**

The Association provides a referral service for members to use the James Cook University gym, and can refer to other gyms, a personal trainer and provide advice depending on personal needs.

Tropical Bodies offers concession rates to Association members showing their membership card. This is a spacious, fully accessible gym with a comfortable atmosphere.

#### **Mackay**

Hi-Energy gym is accessible to wheelchairs and offers a 10% discount on the concession price to all Association members. The staff will make arrangements for you to train at a time when they can provide assistance as required.

Souths Gym, Citi Fitness and Femnasium are also accessible; Solutions gym also offers a discounted rate for members.

#### **Rockhampton**

The Body Shop Health and Fitness Gym offers two free health and fitness training sessions and a discount for members on joining this gym with a comfortable atmosphere and a personal caring service.

#### **Gladstone**

Figures Health and Fitness is a wheelchair accessible gym, offering a discount to Association members.

### **3. Home Equipment**

Be active at home with a range of exercises to improve fitness, strength or flexibility. Equipment can be purchased for home use, and gym staff can help you choose the appropriate equipment in your price range. Consult the Gym Co-ordinator for advice on the best equipment for you.

## Opening Hours for the Bowen Hills Gym

Day	Morning Session	Evening Session
Monday	8am – 12noon	3.30 – 7.30pm
Tuesday	9am – 12noon	3.30 – 7.30pm
Wednesday	8am – 12noon	3.30 – 7.30pm
Thursday	9am – 12noon	3.30 – 7.30pm
Friday	8am – 12noon	CLOSED
Saturday	9am – 12noon	CLOSED
Sunday	CLOSED	CLOSED

**CLOSED on Public Holidays**

## Gym Prices for the Bowen Hills Gym

as at 5 February 2007

	People with a disability*	No disability
Assessment and Program	\$20.00	\$25.00
Casual Visit	\$2.50	\$4.50
1 Month Gym Pass	\$25.00	\$50.00
3 Month Gym Pass	\$70.00	\$100.00
6 Month Gym Pass	\$125.00	\$180.00
12 Month Gym Pass	\$230.00	\$325.00

\*A disability is defined as any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being. Eligibility for the disability pension qualifies for disability rates.



For more information please contact:

**Sporting Wheelies and Disabled Sport and Recreation Association of Qld Inc**  
[www.sportingwheelies.org.au](http://www.sportingwheelies.org.au)

### Brisbane

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### Capricornia

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### Mackay

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### Townsville

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# Gym and Fitness



- ★ Association Gym at Bowen Hills
- ★ Using your local gym
- ★ Home Equipment