

COMMUNITY PHYSICAL ACTIVITY AND/OR NUTRITION PROVIDERS SOUTHERN HIGHLANDS

The Prevent Diabetes *Live Life Well* program has compiled this list providers to assist participants find physical activity and/or nutritional services in their local area. The services listed support and promote the goals of the Prevent Diabetes *Live Life Well* program.

Sydney South West Area Health Service (SSWAHS) does not endorse any of the providers listed.

For further information about the services, costs and opening times, please contact the services directly. Individuals should seek medical advice concerning the suitability of any physical activity or dietary services.

Definitions:

Exercise Physiologist – university qualified provide exercise programs for those who find exercise difficult and/or need specialised advice.

Individual Training – one on one exercise training.

Home Program - individual training in your own house.

Aerobic training - moderate intensity (able to talk but not sing) exercise using large muscle groups that works the heart and lungs which can be performed daily.

Strength Training – an activity that makes your muscles contract more forcefully than normal to improve muscle strength. This type of exercise should be performed every second day.

Accredited Practising Dietitian - university qualified nutrition experts, who provide advice for people of all ages about nutrition and diet and prescribe diets to treat specific conditions.

Nutritional Support Group - a group/ meeting guided by a leader.

Types of Pools:- Hydro – Hydrotherapy pool (31-34°C), Heated – Heated Pool (approx 25°C)

Fitness Levels:-

Sedentary- currently engage in no physical activity or minimal physical activity during work or leisure (total physical activity each day of less than 30mins).

Physically Active- currently engage in a total of 30mins physical activity a day (150min physical activity a week) during work or leisure time (e.g. around the house, yard, walking, slower paced class).

Moderately Fit- currently engage in a greater than 150 mins of physical activity a week &/or participate in moderate planned physical activity to improve your fitness level (e.g. go to the gym, swim, brisk walking, bush walking, cycling).

Very Fit- able to participate in vigorous physical activity for a duration of a least 30mins and regularly engage in high intensity activity (e.g. running or heavy weight training). You may have been exercising for a long time and are highly trained.

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All Areas

Nutrition Providers

Services

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bundanoon	Solar Springs Health Retreat Bundanoon	Accommodation Available: Individual Nutrition Advice Nutritional Support Group	02 4883 6027		Grant Sutherland

Physical Activity Service Providers

Services

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
All areas	Campbelltown Caterpillars Walking Group - NSW Sport & Recreation	Walking Group	02 4655 2036	0407 927 436	Charles Lindall
All areas	Camden Bushrangers Walking Group - NSW Sport & Recreation	Walking Group: bushwalking, variable difficulty, all weather conditions (PA) (MF) (VF)	131 302	0417 447 257	Bruce Bunn
Bundanoon	Solar Springs Health Retreat Bundanoon	Accommodation Available: Class: Aqua: aerobic class using noodles/kickboards and bodyweight resistance shallow and deep activity (S) (PA) (MF) Classic Combo: aerobic class using dumbbells/swiss balls/bodybars (S) (PA) (MF) Powerbar: aerobic class using weighted bars and dumbbells (S) (PA) (MF) (VF)	02 4883 6027		Grant Sutherland

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
		Beat it class: individualised group aerobic and strength training 12 week program to beat diabetes (S) (PA) (MF) (VF) Gym Individual training Pool: indoor, heated Walking Group: varying difficulty (S) (PA) (MF) (VF) Other: Beat it class: individualised group aerobic and strength training 12 week program to beat diabetes (S) (PA) (MF) (VF)			

Physical Activity&/or Nutrition Providers

Other

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Prestons	NUYU Total Health	Accommodation Available Weight loss & health retreat: intensive full time 2, 4 or 8 wks individual program lifestyle modification program including exercise and nutrition with an option to live in	02 8783 5600		Shaun Cardillo

Wingecarribee Local Government Area

Nutrition Providers

Accredited Practising Dietitian

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Cadi Child	Accredited Practising Dietitian	02 4861 2177		Cadi Child

Individual Nutrition Advice

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Cadi Child	Individual Nutrition Advice (Accredited Practising Dietitian available)	02 4861 2177		Cadi Child

Nutritional Support Group

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Weight Watchers - Uniting Church Hall, Bowral	Nutritional Support Group	13 19 97		
Moss Vale	Weight Watchers - Country Women's Association Rooms, Moss Vale	Nutritional Support Group	13 19 97		

Physical Activity Providers

Class: Aerobic

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Annesley Lifestyle Centre	Classes: Aqua Aerobics: aerobic class in medium depth heated pool using noodles and kickboards for added resistance (S) (PA) (MF) (VF)	02 4861 4366		Belinda Dowton
Bowral	Bowral Health Club	Class: Active Circuit: aerobic class incorporating dumbbell and body weight resistance (S) (PA)	02 4862 1620		
Bowral	Mittagong Movers	Class: Aerobic class involving aerobic moves and resistance bands (S)	02 4861 0369		Margaret Connor
Bowral Bundanoon Mittagong	Lee Robinson	Class: Bowral Movers: aerobic class using aerobics moves and resistance bands (S) Mittagong Aqua Aerobics: aerobic class in chest height water using noodles, kickboards and dumbbells (S) (PA) Bundanoon Movers: aerobic class using aerobic moves and resistance bands (S) Bundanoon Monday Movers: aerobic class in a circuit format (S) (PA)	02 4883 7060	0427 884 658	Lee Robinson
Bowral Bundanoon Mittagong Moss Vale	Metaqua Pty Limited	Class: Group Class: aerobic water program using fins and kickboards (S) (PA) (MF)		0418 622 696	Sally Beresford
Bundanoon	Solar Springs Health Retreat Bundanoon	Class: Aqua: aerobic class using noodles/kickboards and bodyweight resistance shallow and deep activity (S) (PA) (MF) Classic Combo: aerobic class using dumbbells/ swiss balls/ weighted bars (S) (PA) (MF) Powerbar: aerobic class using weighted bars and dumbbells (S) (PA) (MF) (VF)	02 4883 6027		Grant Sutherland

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
		Beat it class: individualised group aerobic and strength training 12 week program to beat diabetes (S) (PA) (MF) (VF)			
Mittagong	Highlands Health Club	<p>Class:</p> <p>Tummy Butts & Thighs: aerobic fitball class using dumbbells and body weight resistance, moderate/high difficulty (PA) (MF)</p> <p>Box Fit: aerobic class half boxing and half fitness class using bags, gloves, other aerobic moves, push ups, step ups and skipping. (PA) (MF) (VF)</p> <p>Indoor Cycle: aerobic cycling class on stationary bikes with simple choreography (S) (PA) (MF)</p> <p>Power Bar: whole body aerobic workout using a weighted bar and hand weights (PA) (MF)</p> <p>Spin & Tone: 40min aerobic stationary bike class followed by abdominal conditioning and toning section (S) (PA) (MF) (VF)</p> <p>Gentle Exercise: aerobic class incorporating body weight and dumbbell resistance (S)</p> <p>Circuit: an aerobic circuit using different types of equipment and body weight exercises (MF) (VF)</p>	02 4872 2386		Jeannetta Burniston
Moss Vale	Bodyguard Health and Fitness Centre	<p>Class:</p> <p>Boxercise: a high intensity aerobic class involving contact boxing and body weight resistance (MF) (VF)</p> <p>Powerbar: aerobic class using weighted bars and dumbbells for a whole body workout (PA) (MF) (VF)</p> <p>The Ride (Speed): aerobic class using a stationary cycle for 45 minutes or 1 hour duration (PA) (MF) (VF)</p> <p>X Trainer: aerobic class involving contact boxing followed by strength training using weights machines in the gym (PA) (MF) (VF)</p> <p>S.T.A.R Treatment: aerobic class involving stationary cycling followed by weighted</p>	02 4868 2461		

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
		bar exercises for a whole body workout (PA) (MF) (VF)			

Class: Strength

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bundanoon	Solar Springs Health Retreat Bundanoon	Class: Beat it class: individualised group aerobic and strength training 12 week program to beat diabetes (S) (PA) (MF) (VF)	02 4883 6027		Grant Sutherland
Moss Vale	Boundless Health	Class: Osteocise: strength training class using abdominal bracing, body weight, resistance bands and range of motion exercises (S) (PA)	1300 792 782	0411 244 308	Paul Lillyman
Mittagong	Lee Robinson	Class: Healthy Bones: strength and aerobic training class in a gym working on an individual exercise program (S) (PA) (MF) (VF)	02 4883 7060	0427 884 658	Lee Robinson

Exercise Physiologist

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Annesley Lifestyle Centre	Exercise Physiologist	02 4861 4366		Belinda Dowton

Gym

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Annesley Lifestyle Centre	Gym	02 4861 4366		Belinda Dowton
Bowral	Bowral Health Club	Gym	02 4862 1620		
Bowral	Integrated Functional Health Worldwide Pty Ltd	Gym (booking required) (GP referral required)	02 4862 2268		Ian Wall

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bundanoon	Solar Springs Health Retreat Bundanoon	Gym	02 4883 6027		Grant Sutherland
Mittagong	Highlands Health Club	Gym	02 4872 2386		
Moss Vale	Bodyguard Health and Fitness Centre	Gym	02 4868 2461		

Individual Training / Group Training

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Annesley Lifestyle Centre	Individual Training (Exercise Physiologist available)	02 4861 4366		Belinda Dowton
Bowral	Bowral Health Club	Individual Training	02 4862 1620		Peter Jackson
Bowral	Integrated Functional Health Worldwide Pty Ltd	Individual Training	02 4862 2268		Ian Wall
Bowral Bundanoon Mittagong	Lee Robinson	Individual Training: hydro, land Group Training	02 4883 7060	0427 884 658	Lee Robinson
Bowral Bundanoon Mittagong Moss Vale	Metaqua Pty Limited	Individual Training: water only Group Training: water only		0418 622 696	Sally Beresford
Bundanoon	Solar Springs Health Retreat Bundanoon	Individual Training Group Training	02 4883 6027		Grant Sutherland
Mittagong	Highlands Health Club	Individual Training	02 4872 2386		Jeannetta Burniston
Mittagong	Physiotherapy & Hydrotherapy	Individual Training: hydro, land		0404 043 815	Matthew Austin
Moss Vale	Bodyguard Health and Fitness Centre	Individual Training	02 4868 2461		

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Moss Vale	Boundless Health	Individual Training	1300 792 782	0411 244 308	Paul Lillyman

Pool

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Annesley Lifestyle Centre	Pool: heated, indoor,	02 4861 4366		Belinda Dowton
Bowral	Jan-Dee Swim School	Pool: heated, indoor, casual swimming	02 4862 1450		
Bowral	Berida Manor	Pool: hydro, indoor, casual swimming	02 4861 1177		
Bundanoon	Solar Springs Health Retreat Bundanoon	Pool: indoor, heated, casual swimming	02 4883 6027		Grant Sutherland
Mittagong	Henley Brae	Pool: heated, indoor, casual swimming	02 4872 2044		

Walking / Running Group

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bundanoon	Solar Springs Health Retreat Bundanoon	Walking Group: variable difficulty, paved and bushwalking available (S) (PA) (MF) (VF)	02 4883 6027		Grant Sutherland
Moss Vale	Highland Hikers - Walking for Pleasure	Walking group: bushwalking, variable difficulty, all weather conditions (S) (PA) (MF) (VF)	02 4868 3651		Keith Anderson

Physical Activity&/or Nutrition Providers

Other

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bowral	Integrated Functional Health Worldwide Pty Ltd	Other: REO program: 12 week individualised gym based program (GP referral required)	02 4862 2268		Ian Wall

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bundanoon	Solar Springs Health Retreat Bundanoon	Other: Beat it class: individualised group aerobic and strength training 12 week program to beat diabetes (S) (PA) (MF) (VF)	02 4883 6027		Grant Sutherland

Wollondilly Local Government Area

Nutrition Providers

Accredited Practising Dietitian

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
The Oaks	Angela (Kuo-Feng) Hsiao	Accredited Practising Dietitian	02 4620 7020 / 02 9718 0633	0424 200 288	Angela (Kuo-Feng) Hsiao

Individual Nutrition Advice

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
The Oaks	Angela (Kuo-Feng) Hsiao	Individual Nutrition Advice (Accredited Practising Dietitian available)	02 4620 7020 / 02 9718 0633	0424 200 288	Angela (Kuo-Feng) Hsiao

Nutritional Support Group

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Picton	Weight Watchers - Masonic Hall, Picton	Nutritional Support Group	13 19 97		
Tahmoor	Weight Watchers - Tahmoor Community Centre	Nutritional Support Group	13 19 97		
Warragamba	Weight Watchers - Warragamba Public School	Nutritional Support Group	13 19 97		

Physical Activity Providers

Class: Aerobic

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bargo	Bargo Fitness Centre	<p>Class:</p> <p>Spin Class: 1hr aerobic class on stationary bike with an optional 15min floor abdominal workout at the end (PA) (MF) (VF)</p> <p>Over 50s Class: whole body exercise using weights, body weight exercises, steps working on balance and aerobic training (S) (PA)</p> <p>Butt & Thigh Buster Circuit: whole body workout aerobic circuit using steps, hand weights, body weight exercises and other equipment (S) (PA) (MF) (VF)</p> <p>Boxing Class: traditional boxing class using boxing mitts and boxing bags (MF) (VF)</p>	02 4684 1079	0418 476 724	Jacque Suker
Picton	Picton Pumphouse Gym	<p>Class:</p> <p>Active Over 50's Class: 30 minutes personalised program in the gym followed by aerobic and/or strength training in a class setting (S) (PA) (MF) (VF)</p> <p>Body Combat: aerobic class with non-contact boxing and karate moves (MF) (VF)</p> <p>Body Pump: aerobic class using weighted bars for a whole body workout (PA) (MF) (VF)</p> <p>Body Vive: aerobic class using a ball and resistance band (S) (PA)</p> <p>Body Attack: high intensity aerobic class (VF)</p> <p>Step: aerobic class using height adjustable step requires high level skill (MF) (VF)</p> <p>Circuit: aerobic circuit class in the gym with an aerobics moves warm up (PA) (MF) (VF)</p>	02 4677 2000		Ian Gapes
Picton	Curves - Picton	<p>Women Only</p> <p>Class:</p> <p>30min exercise class: aerobic class using machines (S) (PA) (MF) (VF)</p>	02 4677 3301		Melissa O'Sullivan

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Picton	Wollondilly Community Leisure Centre	Class: Gentle Aqua: aerobic workout with varies exercises in shoulder height water (S) (PA) Aqua: up tempo aeobic workout with varies exercises in shoulder height water (PA) (MF) (VF) Weight loss class: aerobic with variety (MF) (VF) Spin: aerobic workout with stationary bicycle with varing off bicycle exercises (PA) (MF) (VF) Boxing: boxing class using gloves and focus pads with aerobic fitness focus (MF) (VF) Circuit: aerobic class with variety (MF) (VF) Seniors Circuit: aerobic circuit class within the gym using dumbbells, body weight exercises, cardiovascular and weight machines (S) (PA) Kick Pad Class: using kicking and boxing moves with aerobic fitness focus (MF) (VF)	02 4677 1251		
Silverdale	Silverdale Fitness Studio	Class: Body Blast: 30min aerobic class using dumbbells for a whole body exercise (PA) (MF) (VF)	02 4774 2644	0416 042 669	Tina Trujillo
The Oaks	Out a Town Fitness	Class: Gentle Exercise Class: aerobic class involving resistance bands, balance exercises and aerobic moves (S) (PA) Boxing Class: boxing class using gloves and pads (PA) (MF) (VF)	02 4657 2199	0412 503 003	Karen Matthews

Class: Strength

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Buxton	Boundless Health	Class:	1300 792 782	0411 244 308	Paul Lillyman

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
		Osteocise: strength training class using abdominal bracing, body weight, resistance bands and range of motion exercises (S) (PA)			
The Oaks	Out a Town Fitness	Class: Group Strength Training: participants complete individual program in a group setting (S) (PA) (MF) (VF)	02 4657 2199	0412 503 003	Karen Matthews

Exercise Physiologist

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Wollondilly Area	Stephen J Madden	Exercise Physiologist: mobile, land, water, home program	02 4626 3851	0409 246 148	Steven Madden

Gym

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bargo	Bargo Fitness Centre	Gym	02 4684 1079	0418 476 724	Jacque Suker
Picton	Picton Pumphouse Gym	Gym	02 4677 2000		Ian Gapes
Picton	Wollondilly Community Leisure Centre	Gym	02 4677 1251		
Silverdale	Silverdale Fitness Studio	Gym	02 4774 2644	0416 042 669	Tina Trujillo

Individual Training / Group Training

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Bargo	Bargo Fitness Centre	Individual Training Group Training	02 4684 1079	0418 476 724	Jacque Suker
Buxton	Boundless Health	Individual Training	1300 792 782	0411 244 308	Paul Lillyman
Picton	Picton Pumphouse Gym	Individual Training	02 4677 2000		Ian Gapes

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Picton	Wollondilly Community Leisure Centre	Individual Training	02 4677 1251		
Silverdale	Silverdale Fitness Studio	Individual Training Group Training	02 4774 2644	0416 042 669	Tina Trujillo
The Oaks	Out a Town Fitness	Individual Training: land, water, mobile Group Training	02 4657 2199	0412 503 003	Karen Matthews
Wollondilly Area	Stephen J Madden	Individual Training: mobile, land, water, home program (Exercise Physiologist available)	02 4626 3851	0409 246 148	Steven Madden

Pool

Suburb	Organisation	Service(s) Available	Phone	Mobile	Client Contact Person
Picton	Wollondilly Community Leisure Centre	Pool: heated, indoor, outdoor, casual swimming	02 4677 1251		

Walking / Running Group

Physical Activity&/or Nutrition Providers

Other