

# PHYSICAL ACTIVITY IN THE COMMUNITY

## LOCATION: LAKE MACQUARIE AND SURROUNDS

It is recommended young people do at least 60 minutes each day of moderate to vigorous physical activity that makes the heartbeat faster. More is better and a lot of this activity can be done for FREE or at a low cost!

Activities for your teen or family to try:

- Skateboarding or rollerblading is not only fun, but a great way to add to the daily moderate physical activity minutes. [Find a skatepark](#) or a [pump track](#) near you.
- Explore [local national parks](#) and tracks.
- Create an outdoor fitness circuit – checkout the [multiple outdoor gyms](#) with fitness equipment you can use for free.
- Free community events e.g. Parkrun – [find one near you](#).
- Youth clubs such as [PCYC](#) run gym classes and social competitions for young people, after school or during the school holidays.
- Try [stand up paddle boarding and kayaking](#) for free.
- Explore the many [walking and cycling](#) tracks in the area.
- [Disc golf](#) is similar to traditional golf but with frisbees. Check out one of the 4 courses open 24 hours a day, 7 days a week.

