

# PHYSICAL ACTIVITY IN THE COMMUNITY

## LOCATION: PORT STEPHENS 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](#) near you.
- Explore [local national parks](#) and tracks.
- 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.
- Explore the many [walking and cycling](#) tracks in the area.
- Complete an outdoor fitness circuit – checkout the [Rotary exercise trail](#), great for everyone with stations along the way offering a variety of exercises.
- Cool off with a swim at one of the many beautiful [beaches or foreshores](#).

