

PHYSICAL ACTIVITY IN THE COMMUNITY

LOCATION: MAITLAND, CESSNOCK 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](#) or [state forest](#) tracks.
- Create an outdoor fitness circuit – checkout an [outdoor gym](#) 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.
- 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.

