

PHYSICAL ACTIVITY IN THE COMMUNITY

LOCATION: MUSWELLBROOK

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:

- 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.
- Skateboarding or rollerblading is not only fun, but a great way to add to the daily moderate physical activity minutes. [Find a skatepark](#) or [BMX track](#) near you.
- Explore the many [walking](#) and [cycling](#) routes in the area.
- Explore [local national parks](#) and tracks.
- Try something new like [pickleball](#) – it's one of Australia's fastest growing sports and it's not hard to see why. It's fun for everyone, regardless of age, skill or fitness level.

