

PHYSICAL ACTIVITY IN THE COMMUNITY

LOCATION: GLEN INNES

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. Check out the [skatepark](#) near you.
- Explore [local national parks](#) and tracks.
- Free community events e.g. Parkrun – [find one near you](#).
- Explore the many [cycling and mountain bike](#) tracks in the area.
- Organised competitive sport – [join a local sports team](#). Whether it's soccer, basketball, or netball, team sports are a great way to stay fit and make new friends.
- Try [yoga, meditation, and tai chi](#) to keep fit and active.
- Enjoy a social hit of tennis at the local [tennis courts](#).

