

PHYSICAL ACTIVITY IN THE COMMUNITY

LOCATION: WARIALDA, INVERELL

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, bike riding or rollerblading is not only fun, but a great way to add to the daily moderate physical activity minutes. Check out [skateparks](#) and [pump tracks](#) near you.
- Explore [local national parks](#) and tracks.
- Free community events e.g. Parkrun – [find one near you](#).
- Organised competitive sport – [join a local sports team](#). Whether it's soccer, volleyball or netball, team sports are a great way to stay fit and make new friends.
- Explore [walking](#) tracks in the area.
- Cool off with a swim in the [local swimming pool](#).

