

# PHYSICAL ACTIVITY IN THE COMMUNITY

## LOCATION: CENTRAL COAST NSW

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 outdoors and for FREE!

Outdoor activities for your teen or family to try:

- A regular afternoon or morning walk with the family, and your dog if you have one, is a fantastic way to stay active and spend quality time together. It's great for your dog too!
- Swap the bus for a ride or walk to school. Riding a bike is a great way to travel, and walking helps you get more steps in and keeps you active.
- 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.
- Create an outdoor fitness circuit – checkout the multiple [outdoor gyms](#) with fitness equipment you can use for free.
- Free community events e.g. Parkrun – [find one near you](#).
- 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. Check out where you can [play for free](#) on the Central Coast.
- Youth clubs such as [YMCA](#) and [PCYC](#) run gym classes (Streetgym) and physical activity sessions for young people, after school or during the school holidays.

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.

