

Being Physically Active Outdoors

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](#) (Street gym) and [PCYC](#) (Fit for Life) run gym classes 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.

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