



Get Active In Your Area

The benefits of mindful breathing, exercise and movement on our physical and mental well-being are well documented. A strong body and mind are foundational to good health. But when bills are tight and time is short it's easy to put our wellness on the back burner.

Here's some ideas for being more active in your own area without having to join a gym:

- **Visit A Local Park**
Not only are many parks well equipped with areas for walking, sports pitches and infrastructure, and open areas for rolling out a yoga mat or doing your own routine - it's also a valuable opportunity to connect with nature and even some neighbours while you workout. Don't forget, newer playgrounds are also often designed to handle adults weight loads so don't be shy about putting those arms to good use on some monkey bars or having a couple of runs on the flying fox.
- **Walk, Jog, Or Run Around The Neighbourhood**
Walking is one of the safest and easiest ways to move your body, and best of all, doesn't cost a thing or require any special gear to do. Stay motivated by getting friends or neighbours in on a regular walking, jogging or running group!
- **Head To The Beach And Mountains**
Ah, the great outdoors! From surfing and swimming to tramping and mountain biking - there's plenty of ways to have a good sweat while appreciating the beauty of Aotearoa.
- **Join A Meet-Up Group**
Prefer the spirit of community and camaraderie when it comes to working out? Find a meet-up group online in your area which promotes an active hobby that you enjoy such as kayaking, cycling, or even geocaching. You might even make some great new friends in the process.
- **Attend A Class At A Community Centre**
Local Councils often maintain facilities such as community and recreation centres that offer a range of classes from swim lessons to pilates and even dance. These community-orientated classes also tend to cost less than those hosted at private studios or gyms.
- **Surf The Internet**
Even from the comfort of home you can achieve your physical activity goals. The internet is a wealth of information when it comes to other ideas and ways to look after your body. There's also plenty of free workout videos to allow you to bust a move or downward dog your way to better health.