

BEING ACTIVE WITH FRIENDS

Being active with others supports your own health and wellbeing



**For
Parents/
Carers**

Tips to get started

Meet up with friends

- Walk close to home
- Join a social team
- Try casual exercise groups
- Bike ride or jog
- Be active at home

Pick a favourite spot:

- Local park or walking path
- Community centre or council hall
- Council pool, beach or place to swim
- Find easy parking and low-cost options



Make it a habit

Book a date with a friend or join a new group and meet at a regular spot or time.

Aim to be active with friends once a week or more and wear your favourite, comfortable clothes.

If you need to bring young children along, see tips on page 2

Listen to your body and each other

- Wear comfortable clothes and shoes
- Take it slowly when you're starting out
- Drink plenty of water and be 'sunsmart' with a hat & sunscreen
- Warm up and cool down for more energetic activities
- Slow down or stop if you need a break



Social activities in the great outdoors for all seasons!

On warm, sunny days

Plan to be active the mornings or late afternoons, or meet up for a swim or water activities. While exercising, sip extra water to stay hydrated, wear loose clothing and a hat when outdoors.



For cooler or wet conditions



Try energetic, 'warming' activities and wear extra clothing that you can remove (and carry). Pack waterproof clothes or have a plan for when it rains - meet indoors or find covered places where you can be active together.



When you need to bring your preschooler along too!

- Bring a scooter or bike so they can ride along, while you walk and talk with friends
- Find play equipment along the way and stop for a slide or swing
- Try family-friendly fun like soccer that everyone can play
- Choose a place or activity with creche or childcare

If you have any concerns about your child, contact your local [Child and Family Health Service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), or GP.



We acknowledge the traditional custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past, present and emerging.



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