



Staying Active this Summer

Being active is good for your body, mind and mood. As the weather warms up, it's the perfect time to get outside, have fun and enjoy the sunshine!

Here are some outdoor activities your child and family can try to stay active in the warmer months. Just remember to slip, slop, slap, seek and slide!

Summer sports include:

- Touch Football
- Cricket
- Surf Life Saving
- Athletics
- Beach Volleyball
- Tennis
- Twilight netball, soccer or basketball



Summer family activities include:

- Making a slip and slide
- Frisbee golf
- Going to the beach or lake for a swim
- Going on a family bike ride
- Going for a hike or bushwalk
- Beach volleyball or cricket



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