Actively Connect To Your Parks...

Heatley - Gulliver - Currajong - Vincent

Swap It Don't Stop It

Queensland Government

City of Townsville
GET ACTIVELY CONNECTED!

There are many parks in your local area for people of all ages and abilities to be active and healthy. This brochure explains where to find your local parks and what you can find in them to help you stay active and healthy.

So many benefits!

Regular physical activity has many benefits for all ages.

- Strengthens muscles and develops good posture
- Helps build and maintain healthy hearts and bones
- Helps achieve and maintain a healthy weight
- Boosts energy levels and improves mood
- Provides time with family and friends

How much and what type of activity?

0-5 years: Babies, infants and young children need to move actively and play freely for at least three hours every day.

5-12 years: Older children need a combination of moderate to vigorous activity at least 60 minutes every day.

12-18 years: Young people need at least 60 minutes of moderate and vigorous activity every day.

Adults: Adults need at least 30 minutes of moderate activity on most, preferably all, days.

For More Information on Physical Activity visit:

www.health.qld.gov.au

Contact Details

This brochure has been developed by Queensland Health’s Townsville Public Health Unit, with assistance from Townsville City Council and the communities of Heatley, Vincent, Gulliver and Currajong as part of the Actively Connect project.

For more information visit:

www.townsville.qld.gov.au

KEEP OUR PARKS SAFE!

Please report parks that are in need of repair to the Townsville City Council.

PHONE 1300 878 001

Actively Connect project is a partnership project funded by Queensland Health’s Townsville Public Health Unit and the Department of Housing’s Community Renewal Program to improve the supportive environment for increased physical activity, active living and the social connectedness of Heatley, Gulliver, Vincent and Currajong communities. Actively Connect acknowledges the contribution of Jack Fisher to the Actively Connect logo.
Remember:
• Slip on sun protective clothing
• Slop on SPF30+ sunscreen
• Slap on a broad-brimmed hat
• Slide on wrap-around sunglasses
• Avoid the hottest part of the day
• Drink plenty of water

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