

# CHOOSE YOUR OWN PHYSICAL ACTIVITY STYLE

If you like.....



## Being Social when you Exercise

Choose a community team sport/club, online exercise class or iceskating with others



## Exercising Alone

Choose walking/running, cycling, swimming or lifting weights



## Being Motivated by Others

Choose an exercise buddy, team sport, or try a personal trainer



## Being Challenged

Choose resistance training, indoor rock climbing, archery, golf, or logging your activity with an app



## Being Creative

Choose dancing, yoga or Tai Chi



## Blowing off Steam

Choose boxing, dancing, or spin class. Even better with music!



## Being in Nature

Choose surfing, bushwalking, hiking or swimming in a scenic spot