

Spring into Physical Activity

Regular physical activity can improve your quality of life and make you feel more energetic. Spring is the perfect season for increasing your physical activity.

Upcoming Events

Ride2Work Day

Wednesday 21 October 2020.

Whether you're back in the office or still working from home, Ride2WorkDay is a great way to get out and be active.



South Coast Neighbourhood House Challenge

Monday 19 October-Friday 30 October.

Help your Neighbourhood House to win the inaugural South Coast Walktober Neighbourhood House Challenge trophy! Contact your local neighbourhood House for more information.



Get out in Nature

Prom Country Walking Trails

Why not try many of the spectacular walking tracks can be found across Prom Country. Several Rail Trails suitable for cycling and horse riding are also in the area, including the Hoddle Mountain Trail.



Bass Coast Walks and Trails

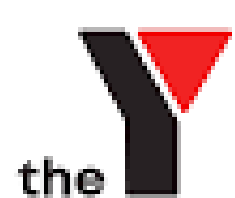
Phillip Island and Bass Coast have over 40 different bushwalks, coastal walks and cycling tracks to choose from. You might even spot some wildlife along the way, ranging from rare bird species to humpback whales!



Online

Virtual Y

Virtual Y offers free access to exclusive fitness videos as well as nutritious recipes, wellbeing advice, family activities and the Youth Hub.



virtually.ymca.org.au

#GippyGirlsCan

#GippyGirlsCan provides opportunities for women of all fitness levels and abilities from across Gippsland to get active together, without the fear of judgement.

[#GippyGirlsCan](https://www.instagram.com/gippygirlscan)



South Coast Prevention Team

Working with our community to achieve healthy lifestyles.

For more tips and ideas follow us on Facebook, Instagram or our website.

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