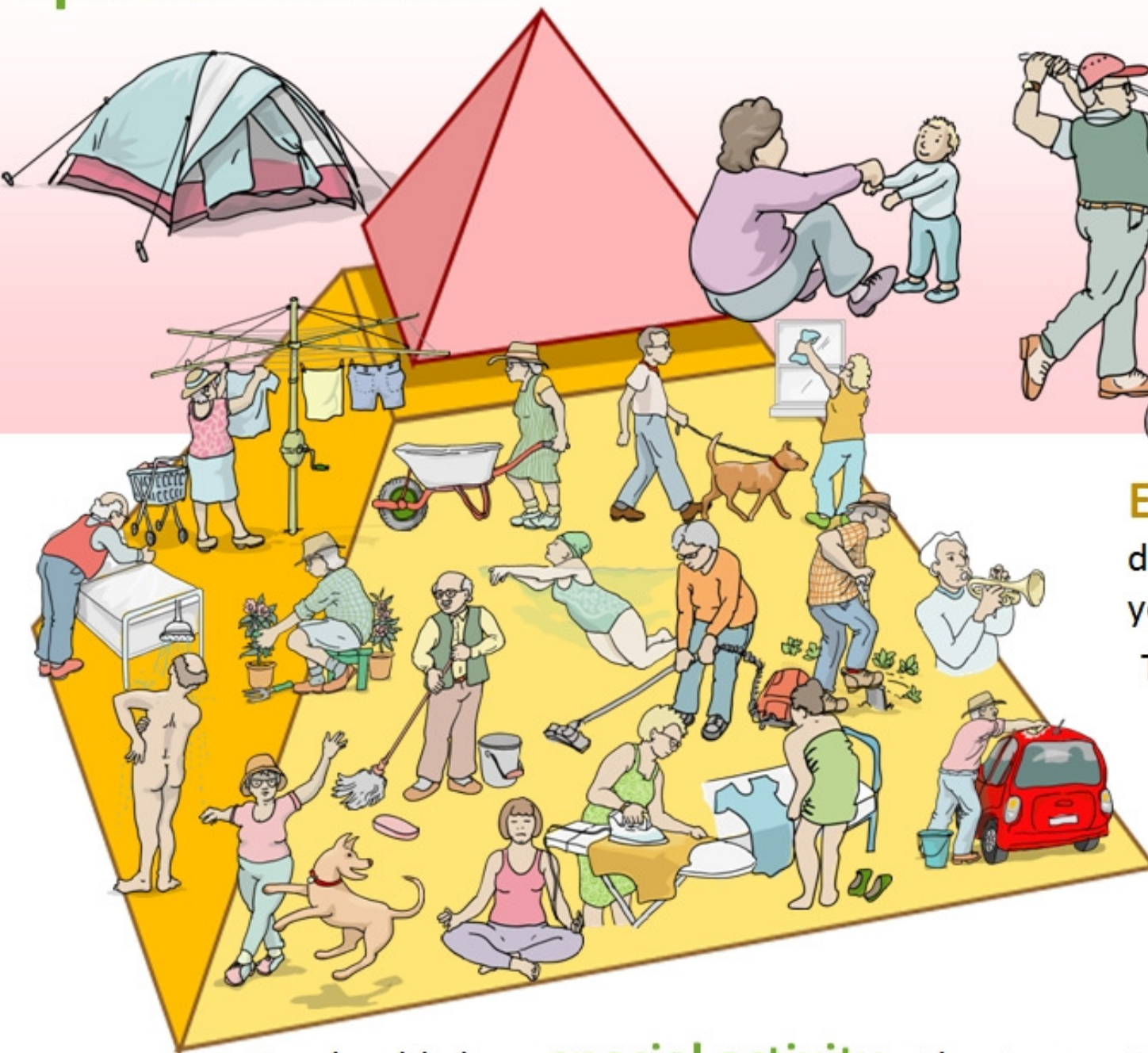


# Special activities



**Everyday exercise** is what you do anyway. A **special activity** is when you need to keep going.

These can include:

- Having the grand children over.
- A day of golf or bowls.
- A visit to the city to go shopping
- Visiting a museum
- A day sailing, camping or boating

You should plan a **special activity** at least every 1 or 2 months (more often if you can).

Special activities are something to look forward to.

# There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To promote physical activity

### Target group:

This resource is designed to be used by Australians adults & adolescents.

### Notes:

This resource is designed to be printed A3 size and then laminated.

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