

Keep Moving - Your Own Way

You know you **SHOULD**

Get moving

Exercise 30 minutes a day

Get outside

You **WOULD**, but...

Don't know what's available

Don't have time to fit in with regular classes

Don't have the spare money for fees

Don't feel motivated

You **COULD** 'Get active in Darebin' anywhere, anytime!

It's a free, community-based exercise program for people across all ages, abilities and fitness levels. In Darebin, there are cycling paths, parks, walks and a wide variety of exercise options including Pilates, Tai Chi, Yoga and swimming.

Look them up at www.darebin.vic.gov.au/getactive or pick up a printed seasonal timetable, available at Darebin Libraries and Service Centres.

Exercise in Darebin Parks & Reserves

Why not dust off your sneakers, grab a water bottle, catch a bus or tram, ride your bike or walk, and find a Park or Reserve with outdoor **Gym Equipment** – you'll find ten across Darebin. There are easy to follow instructions for use on each piece of equipment. It's free and you can exercise anytime.

Try it... Take it easy; set up a challenge for yourself; encourage a friend to join you.

You **SHOULD**

You **WOULD**

You **COULD**

And you **CAN**...

KEEP MOVING YOUR OWN WAY ANYWHERE, ANYTIME!

Top Parks for Getting Active

Looking for somewhere to exercise and KEEP MOVING? Visit these Parks & Reserves for free and flexible exercise options:

Merri Creek Trail - Northcote to Reservoir

Darebin Creek Trail - Alphington to Bundoora

Edwardes Lake Park Griffiths St, Reservoir

C.H. Sullivan Memorial Park Blake St, Preston

All Nations Park Separation St, Northcote

Mayer Park Normanby Ave, Thornbury

I.W. Dole Reserve Dole Ave, Reservoir

J.C. Donath Reserve Harmer St, Reservoir

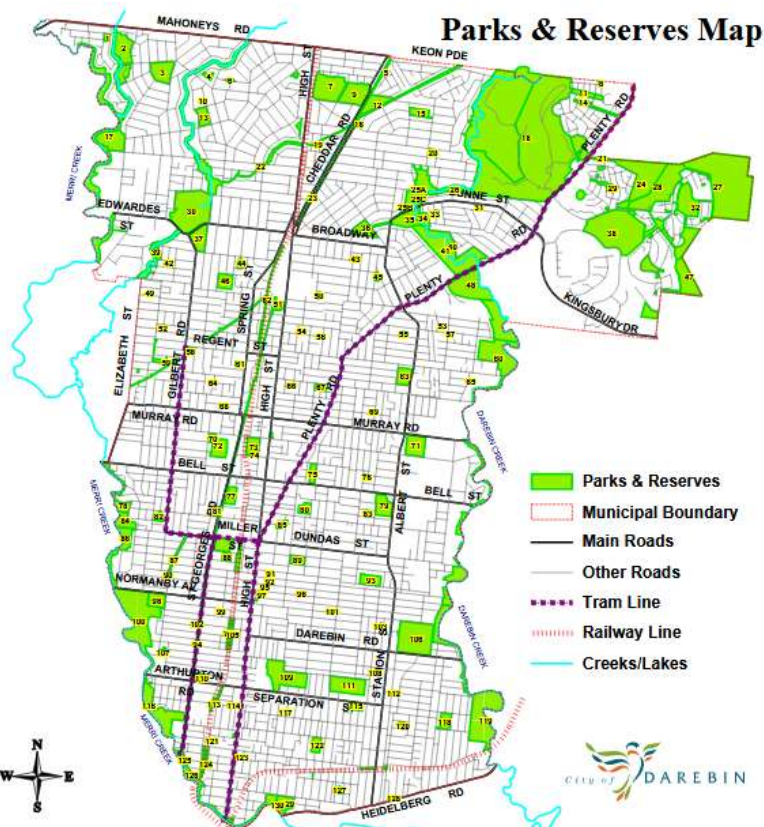
T.W. Andrews Reserve Fordham Rd, Reservoir

More information about what's available:

www.darebin.vic.gov.au/Discover-Darebin/Spaces-and-places/Parks-and-Playgrounds

[Parks & Reserves Map \(PDF\)](#)

[Discover Darebin Guide \(PDF\)](#)



Gym Equipment in Darebin Parks & Reserves

NORTHCOTE: All Nations Park, Separation St.



THORNBURY: Mayer Park, Normanby Avenue



BUNDOORA: Bundoora Park, Playground Drive



PRESTON: A.H. Capp Reserve, Halwyn Crescent



PRESTON: C.H. Sullivan Memorial Park, Blake St



PRESTON: W.R. Ruthven Reserve, Malpas St



RESERVOIR: Edwardes Park Lake, Griffith St



RESERVOIR: J.C. Donath Reserve, Harmer St



RESERVOIR: I.W. Dole Reserve, Dole Avenue



RESERVOIR: T.W. Andrews Reserve, Fordham Rd

