



Central Coast
Local Health District

Healthy Bites Episode 35 – Find an exercise program

Hi, I'm Mitch from the Health Promotion Service at Central Coast Health.

Did you know the Active & Healthy website has an exercise directory making it easy for you to find your new favourite hobby or exercise class? From bowls to ballroom dancing and tai chi to table tennis, the directory has activities to suit any fitness level and any budget. You can even filter by free classes.

Search 'Active & Healthy' to visit the website and scroll down to the Find an Exercise Program feature on the home page. Then just pop in your postcode, and away you go – it'll list all the programs near you. That's 'Active & Healthy'.