A guide to fun & affordable ways to keep you & your family active
Healthy Palmerston is a health and lifestyle program run by the City of Palmerston and funded by the Federal Department of Health and Ageing.

The Healthy Palmerston program has a focus on the benefits of physical activity and healthy eating for adults to reduce the incidence of chronic disease.

The City of Palmerston proudly presents the new Strong Mothers and Spirited Seniors programs from November 2011 with a range of activities running for twelve months and a number of special events including cooking classes, health information sessions and family fun days being run throughout the year.

Palmerston residents can register at any time during the year for FREE.
‘Life. Be in it’ NT is **committed** to helping others **to live more of their lives.**

Living a **healthy, active lifestyle** is a **GREAT** way to **improve and maintain** your quality of life well into your **older years!**

This booklet has been **designed as a guide to help you and your family** find **affordable ways** to be **physically active** around Palmerston.

**Remember, you’re never too young or too old, too big or too small** to get out there, be active, **and live more of your life!**

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Get Walking

Walking is a great way to be active because it's easy. You don't need fancy equipment, you can do it anywhere and best of all it's free! You can go for a walk by yourself with family and friends or even join a group in your area.

Walk at your own pace or challenge yourself by walking a bit faster. The faster you walk the more kJ you will burn, for example:

If it takes you 20 mins to walk 1km then you are walking at a speed of 3kph and burning 5.53kJ for every kilo you weigh.

Walking 5kph burns 7.37kJ per kg
Walking 6kph burns 9.22kJ per kg

Walk to Improve Your Fitness

Go for a walk and record the time it takes you. On your next walk, follow the same track but try to do it faster. Set yourself a goal and walk towards it.

It's also a great idea to put on a pedometer and count your steps... You know what they say, 10 000 steps a day! Going for a walk each day will help you meet that target in no time. On a steady paced 15 minute walk you take about 1800 Steps.

Safety Tip
Never walk alone in the dark. Remember safety in numbers!
We love going for walks too!

There are plenty of fantastic walking paths around Palmerston. The Palmerston Council maintains about 52km’s of footpaths. So get your friends or family together and try these paths.

**Escarpe**
A walk through the escarpment makes you feel like you are miles away from the city. Winding its way through Gunn, Bakewell and Roseberry, this walk is a fairly easy one with just a few steep parts. There are alternate paths to avoid the steeper hills for those unable to walk these sections. Total length 2.7km. It can be accessed from Cunningham Cres, Lakeview Blvd or Buscall Ave.

**Woodlake Boulevard, Durack**
Walk the length of Woodlake Boulevard and perhaps detour around a few of the beautiful lakes in the area. End to end is approximately 2.4km.

**Sanctuary Lakes, Gunn**
Sanctuary Lakes is a nice area to go for a walk. You can walk around the lake a couple of times while the kids play on the playground. You will find it on Lakeview Blvd. The distance around the lake is approximately 725 metres.

**Marlows Lagoon**
Marlows Lagoon can be found off Elrundie Ave and is another great spot to go for a walk. It also has the fenced off area for dogs so take your 4-legged friend along. One lap of the lagoon is approximately 1km.

**Walking with Dogs**
Dogs need exercise too so why not take your furry friend with you so you both get the benefits. Keep your dog on a lead and make sure you clean up any mess they make with a pet poo bag. For information about where you can let your dog off the lead please see the parks section of this booklet.
Get on your Bike

Palmerston has some great bike paths to take you all over the place! There is approximately 32km’s in the Palmerston area. Just remember that many of these paths are shared with pedestrians so keep your speed below 20km/h.

**Palmerston Loop**
Loop right around Palmerston, ride down University Ave, left onto Elrundie Ave. Continue along until you get to Chung Wah Tce then ride back up to the city centre. This loop is approximately 10km.

**Palmerston to Elizabeth River Bridge**
Starting from University Ave follow Chung Wah Tce all the way to the end then turn right onto Channel Island Rd. Keep riding until you come across the Elizabeth River bridge and Jetty. Riding back to Palmerston will give you about a 15km trip.

**Channel Island**
For the more experienced rider you could extend your ride all the way to Channel Island. Just head over the Elizabeth River Bridge and follow Channel Island Rd all the way along. This will add another 32km to your trip!

**Suburbs**
Starting from Palmerston Pool in Moulden, ride out to Temple Tce, head up to the City Centre. Continue riding until you pass all the shops then turn right onto Roystonea Ave, ride to the bottom and go right onto Buscall Ave then left onto Chung Wah Tce, right onto Emery Ave then back to the pool. The round trip is roughly 8km.

For more information about cycle paths around Palmerston, you can pick up a map from the Council or download it from their website. (see contact information)
Helmet Laws in the NT

Persons under 17 years must be wearing an approved, correctly fitted helmet when on a bike.

Person 17 years or older must be wearing an approved, correctly fitted helmet when riding on the road or a bike path that makes up part of the road.

Bike Safety Gear

Also you must have at least one working break and a bell or similar warning device working on your bike.

When riding at night you must have a white light on the front, a red light on the back and a rear red reflector, to make you clearly visible to other traffic.

Stay Hydrated

Always make sure you carry enough water on your ride to keep your fluids up! It’s a great idea to attach a couple of water bottle holders on your bike or carry a backpack with a good supply of water.

Safety Tip

When riding on the road always use hand signals when turning so drivers know where you are going.
Get in the Water

Being Active in the water is a great way to stay cool and there is so much you can do. The Palmerston Aquatic & Lifestyle Centre is open to the public and has a 50m pool as well as a toddler pool. So head down there and give some of these activities a try...

Swimming Laps
Grab some goggles and head to the pool to improve your fitness by swimming laps. Try to increase the number each time you swim in order to challenge your body and increase the benefits.

Deep Water Running
If swimming is not your thing why not try running in water? The trick is to keep your body upright in the water and use your arms and legs just like running.

Aqua Fitness Classes
Exercising in water is perfect for all fitness levels including pregnant women or those who suffer from arthritis or injury as the water takes the load off your joints. Classes are run at the public pool.

Using Noodles
Water Noodles are a cheap and fun toy to use in the pool for adults as well as kids. They are so versatile and often used in Aqua Fitness classes. Use them to help you float, for resistance exercises or just for fun by having noodle races up and down the pool.
Not Just Pools
Palmerston Water Park
It’s all about fun for everyone at the brand new Palmerston Water Park which is set to open in 2012 on the corner of University and Roystonea Avenues.

The Water Park, which will be free entry to all, features a six-lane racer waterslide with a “Ready, Set, Go” racing system that records your place when you exit the slide. Other features include a teen’s wet play area with water cannons, buckets and high intensity interactive play and water play areas for families and toddlers including a wading pool. Open grassed areas, barbeques and a kiosk/café will also add to the fun and family friendly atmosphere.

Safety Tip
Don’t let children out of your site when in on or around water

Diving
Practice diving in the pool. Make sure you always dive in the deep end and check that there is no one in the way. Start from the edge and as you get more confident you can dive off the blocks.

Throwing a Ball
Sometimes being active is as simple as throwing a ball and it is made so much more fun doing it in the water.
Get to the Beach

There is lots to do at the beach for the whole family and while there are none in Palmerston the Darwin beaches are just a short drive away.

Mindil Beach
Access off Gilruth Avenue. Runs from Myilly Point near Cullen Bay to Bullocky Point near Darwin High School. There are public toilets and BBQ's just off the beach.

Vesty’s Beach
Access off East Point Road and runs from the Museum and Art Gallery right up to the start of Dick Ward Drive Fannie Bay. There are BBQ’s with a great view.

Casuarina Beach
Access off Trower Road in Brinkin or on foot via the Rapid Creek foot bridge off Casuarina Drive in Nightcliff. Runs from Rapid Creek to the Free Beach. Dripstone Park just off the beach has picnic tables and BBQ’s and there are toilets at the Surf Life Saving Club.

Lee Point Beach
Access off Lee Point Road (drive all the way to the end) Runs around the point until Buffalo Creek. There is a grassed area with toilets, picnic tables and BBQ’s.

Safety Tip
Beware of box jellyfish. Keep out of the water between Oct-May
Where Can Dogs Be Off the Lead?

The Casuarina Coastal Reserve runs from Rapid Creek to Buffalo Creek and has specific animal regulations. Check signs in the area to make sure you are doing the right thing.

All other beaches allow dogs to be let off the lead as long as they are kept under control at all times.

Things to do at the Beach

There are heaps of things you can do at the beach, try some of these with your family...

Flying a kite, if you don’t have one have a go at making one and see if you can get it to fly.

Beach sports are heaps of fun too, set up volleyball or cricket and invite a few families down for a friendly challenge. You could make it a regular get together, choosing a different activity each time and battle it out for an overall winner.

Walking on the beach is great too. Walking in the sand is an excellent way to condition the muscles in your legs, feet and around your ankles. If you struggle in the soft sand at first, try walking in the hard flat sand closer to the water until you get used to it.

Fossicking in rock pools is always interesting as you never know what you might see! Make sure you don’t hurt any sea creatures though!
Get to the Park

Parks are a great place to take the family as there is plenty of room to run around, play some games and have a picnic.

There are a number of great parks around Palmerston so why not take your family to one of these this weekend.

Sanctury Lakes, Lakeview Blvd, Gunn
BBQ facilities, tables, shaded playground, and grassed open areas.

Marlows Lagoon Recreation Area, Elrundie Ave
BBQ facilities, undercover areas, tables, playground, and plenty of grassed open areas.

There are many smaller parks in the suburbs around Palmerston, most of which have plenty of grassed open areas and small playgrounds for kids. Check the street directory to find your nearest one.

Dogs Off the Lead

The Marlows Lagoon Pet Park is a great place to take your dog. A fully fenced exercise area with 8 obstacles and a water trough to cool down in. Open 7 days a week it is a great area for your dog to enjoy.

Where can I go to run off the lead?
Things to do at the Park

Frisbee Throwing
Throw a Frisbee to each other or watch how clever your dog is and see if it can catch it.

Cricket
Play cricket with your family and friends. It can be a big or small game depending on how many people there are.

Ball Games
Throw a ball to each other or for your dog.

Races
Running, jumping, skipping and hopping races, see who is the fastest or who can jump the highest or hop the longest etc.

Walking
Go for a walk through the park and see what you discover.

Treasure Hunts & Nature Finds
Send the kids on a treasure hunt or nature find through the park. Not only are they being active but it can be educational too!

Obstacle Courses
If there is a playground in the park kids will love doing an ‘obstacle course’. For example ‘go across the monkey bars, up the stairs, along the bridge, down the fireman’s pole, run around the tyres then up the stairs and down the slide to finish.

Bocce
Play Bocce with someone. You can buy Bocce ball sets in most sporting shops or department stores for around $25. Many people may already have a set stashed away in a cupboard and don’t know how to play it. It’s so easy to learn!
By now you have seen heaps of the recreational opportunities around Palmerston but if you still haven’t found something you like here are some more.

**Fancy a Game of Tennis?**
You can find tennis courts on Woodlake Blvd, Durack. These courts are free for the public to use during the day. You don’t need to make a booking just grab some tennis balls and a racquet.

**How about a Skate?**
Grab your skate board, roller blades or bike and get down to the local skate park. Free to the public and open all day. The area is floodlit until 10pm and also has park area with picnic tables, shade, water bubbler and bike rack. University Ave across form the CBD.

**A Walk with More**
Up the intensity of your walk and use more of your upper body by carrying some hand weights. If you don’t have any then keep a couple of drink bottles and fill them with water. Just make sure they are comfortable to hold.
A spot of fishing?
The Elizabeth River jetty is a great place to drop a line in. Located only 5km from the CBD, the jetty is easy to access and the perfect place to get away with the family for an afternoon of leisure.

Still Want More...
If you would like more ideas or details of recreation activities in Darwin you can head to www.nt.lifebeinit.org for an A-Z list of sports and activities across the whole Territory.

Fitness Equipment
There are 7 stations of fitness equipment in the Joan Fejo Park, which can be found on the corner of Odegaard Dr and Duwun Rd Rosebery. They are perfect for a bit of resistance training to tone those muscles. The resistance comes from using your own body weight. They are simple to use and it is recommended that you take a towel with you to use them.

Durack also has a Mega Fitness Park on the corner of Pritchardia Cct and Woodlake Blvd. Another great place to add a bit of variety to your fitness regime.
Frequently Asked Questions

How do I know if I am getting enough?
A great way to ensure you are getting enough activity in your day is to wear a pedometer. It is recommended that you rack up 10,000 steps each day. Sounds like a lot but it sure can add up if you try to increase your incidental activity levels too. This means taking the stairs instead and parking your car further from the entrance.

Moderate vs High Intensity Physical Activity. What do I need?
The Australian physical activity guidelines for adults recommends 30 minutes of moderate activity on most days to maintain health. For people that want greater health and fitness benefits it is recommended that they get some additional vigorous activity into their week.

Moderate—the activities that cause a slight increase in your breathing rate but still leaves you able to have a conversation. For example, walking, gardening, swimming.

Vigorous—the activities that make you breath faster and unable to maintain a conversation. For example, jogging, cycling, aerobics.

How can I stay motivated?
By doing something you enjoy! Make exercise an enjoyable part of your day. That way you will look forward to doing it and won’t try to put it off. Make it fun for you and get the kids involved for good quality family time.
Useful Contacts

City of Palmerston
Corner of University Ave & Chung Wah Tce Palmerston
Customer Services 8935 9922   www.palmerston.nt.gov.au
Library 8935 9999

Palmerston Aquatic & Lifestyle Centre
Bonson Tce, Moulden 8931 3474

Palmerston Recreation Centre
The Boulevard, Palmerston 8981 2662

‘Life. Be in it’ NT
8981 7035   www.nt.lifebeinit.org

Heart Foundation Walking
1300 36 27 87 www.heartfoundation.org.au/walking

Territory Parks & Wildlife

For other useful contacts see the resources section on our website for information on how to get involved in activities across the NT. While your there check out the links page for more information on living a healthy, active lifestyle.
Become an Active Life member to receive great discounts on...

- Sporting goods
- Gym sessions
- Yoga
- Walking groups
- Aqua & swimming classes
- Zumba
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& much more across the NT!

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For more information contact “Life. Be in it NT” on 8981 7035 or visit www.nt.lifebeinit.org