

OPENING HOURS

Monday, Tuesday & Friday in Toowoomba
Wednesday & Thursday in Pittsworth
After hours appointments available

The Benefits of Exercise

This resource has been kindly provided by Paul McQueen of Thrive Wellness (www.thrivewellness.com.au).
Thanks also to Toowoomba Regional Council.

There is an increasing body of work that supports the notion that exercise is good for us in a variety of different ways for example: exercise is good for brain neuroplasticity, exercise can help prevent dementia, and exercise simply promotes physical and psychological health.
So let's get outdoors and do something healthy.

Those of us who live in Toowoomba are extremely fortunate as there are so many opportunities available to us to be active. Here are a few ideas to get you started – 10 free and healthy things you can do in Toowoomba:

1. Cycling at Toowoomba cycling criterium track: free public access unless pre-booked for an event
2. West Creek fitness trail
3. Scenic bike rides: Where to cycle – Toowoomba Regional Council
4. Scenic walks: Where to walk – Toowoomba Regional Council
5. Walk your dog at an off-leash park
6. Walk, picnic or play at one of Toowoomba's many, many great parks
7. Play a game with friends at one of Toowoomba's outdoor sport fields
8. Scooter or skate at a skate park: Hillview Avenue Park; Wine Drive Park; Harlaxton Park; Andrew's Street; Chalk Drive; Lake Annand; Captain Cook Reserve
9. Take a stroll and check out the bird life at the Toowoomba water bird habitat
10. Take a historic walk, getting fit and learning about Toowoomba's history at the same time

For more details on walking and cycling trails and different areas of interest, the Toowoomba Pathway brochure is a great resource from the council.