Active & Healthy program

The City’s Active & Healthy Program offers a broad range of free and low-cost activities that are fun, enjoyable and suitable for all shapes and sizes. Activities are delivered by qualified and supportive fitness and wellness professionals who are there to help you become fitter, stronger, healthier and most importantly happier.

**Active & Healthy calendar**

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**I CAN be Active & Healthy**

To live is to move... and you CAN secure a healthier future for yourself by getting plenty of regular physical activity.

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**Tai Chi**

Tai Chi is a healing martial art combining many movements with Qi (energy) circulation, breathing and stretching techniques.

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**Yoga**

Yoga nurtures physical, emotional, mental and social needs through different techniques including postures, movements and breath awareness.

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**Aqua classes**

Aqua is an impact-free class designed to improve balance, agility, posture, flexibility and core strength.

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**Active families**

Prioritising health by eating well and being physically active is essential to wellbeing. Kids learn by example and parents are their greatest role models.

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**Active kids**

Encouraging kids and teens to be active when they’re young sets good habits for the future and helps them develop the skills they need to stay active throughout their lives.

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**Healthy ageing**

Get some ‘me time’ by joining others who want to improve their strength and fitness, be social and enjoy a happy, healthy lifestyle.

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**Sports and recreation**

Our natural and built environments encourage an active lifestyle and provide countless opportunities for everyone to participate in sport and recreational activities.

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**Wellbeing**

Every aspect of your life influences your state of wellbeing. These free and affordable workshops are offered to help show you how you CAN educate and empower yourself to live a healthy and balanced life.
When it comes to getting active, doing is believing. Once people become healthier and more active, they realize all the benefits - sleeping better, feeling better, making friends, maintaining a healthy body weight - and this provides intrinsic motivation to do more.

**Active & Healthy Lifestyle Program 2019-20**

The new Active & Healthy Lifestyle Program is all about encouraging our community members to move more, value your health and be active for life. The new program kicks off from Monday 15 July 2019 with a large variety of free and affordable activities on offer designed to get you out and about in our great parks and community facilities and enjoying being active and meeting others. Regular physical activity is one of the most important things you can do to improve for your overall wellbeing and Active & Healthy is here to help guide you towards a healthier life.

Download the Active & Healthy Lifestyle Program 2019-20

**Partner with us**

Active people live longer and live better, so it’s no wonder that City is advocating for all residents to move more. Across the City, government agencies, not-for-profits and local businesses are all working together to create platforms, programs and social responsibility initiatives to encourage participation in physical activity and sport.

In order to make physical activity a more desirable, accessible and vital part of everyday life on the Gold Coast, we as a City need to give people opportunities to move more, and support them to do it. We realise that all of us could be more active, which is why our target includes everyone: not just the vital aim of getting inactive people to become active, but also supporting those who already do something to do a bit more.

Find out how to partner with Active & Healthy.

**Active & Healthy holidays**

No matter what the season we’ve got everything covered for your kids to be entertained through our Active & Healthy holiday program. All activities are free or low cost and are available on all school holidays.

**Feedback**

If you have participated in one of our Active & Healthy activities, we would love your feedback. Please have your say.

Subscribe to our mailing list

Get updates delivered direct to your inbox and keep up-to-date with all the great Active & Healthy activities and school holiday programs we have on offer.

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**Related information**

- Accessible beaches

**Key information**

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