

Fun ways to find 30

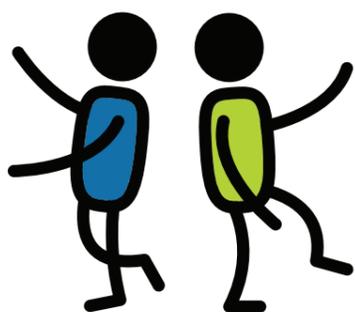


BLACK SWAN
HEALTH LTD



Put your skates on.

Dust off your old pair of rollerblades or roller-skates and go for a cruise around the neighbourhood or a local park. If you don't have a pair or prefer the atmosphere of an indoor venue, head to one of Perth's retro roller-skating rinks or give ice skating a whirl.



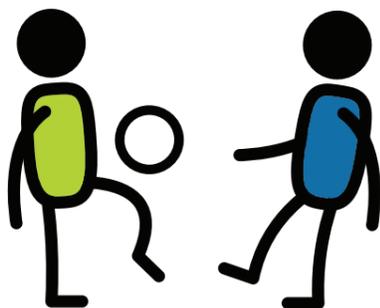
Try dance fitness.

There's a reason why Zumba and its non-Latin cousin Konga are so popular... they're a whole lot of fun! If you don't like dancing in public or want to try something more unique, then No Lights No Lycra is for you. It's a one-hour dance party for all ages that takes place in complete darkness, so no one can see you dance but everyone can enjoy the atmosphere.



Adventure on foot.

Be a tourist in your own city. Have you ever set foot on the Bibbulman Track? What about Baldwin's Bluff Nature Trail? There are many beautiful walking trails and natural sites around Perth and beyond to explore with a friend or on your own for a peaceful escape.



Join a social team sport.

No matter what your age or fitness level, there's a sport out there to suit every ability. From ultimate Frisbee to lawn bowls and everything in between, the fun of the game and the support from your team will keep you coming back week after week. Either sign up with your own team or join an existing team at your local club or recreational centre.



Start rock climbing.

Find your bearings on an indoor rock-climbing wall, or for the more experienced climber try one of WA's natural rock faces (with the right safety equipment, of course!). Most rock climbing gyms have discounted membership fees, so you can build up your skills and fitness without having to step foot on a treadmill.



Play with the kids.

Why should kids have all the fun? Jump on the trampoline, play chasey in the backyard or challenge them to a game of Wii Sport. You'll be glad that you did – and so will they.