

Individual Card – Activity Ideas



Row 1

Participate in a group exercise class	YMCA classes. Selwyn District Council classes. Christchurch City Council classes. North Canterbury Sport & Recreation Trust classes. Find activity providers in the Sport & Rec Guide.
Explore a wetlands area. Take notice of the biodiversity and beauty of nature.	Canterbury wetlands (Department of Conservation).
Go along to a PT in the Park session Free weekly group training!	PT in the Park. Every Saturday 9am at Carlton Corner, Hagley Park, Christchurch
Go along to a Park Run session	Every Saturday at 8am It's free! But register before you first go along Hagley parkrun (Christchurch). Pegasus parkrun (North Canterbury). Foster parkrun (Rolleston).
Spring clean the tika whare (garage)	Organise your garage with these 5 simple tips (Bunnings). 11 steps to an organised garage (Your Home and Garden).
Do some brisk house work	You could try washing windows for 30 minutes, vacuuming, transferring laundry from the washing machine to the drying rack, hanging out washing, folding clothes, organising your wardrobe. Other ideas include tidying up activities like changing out light bulbs, hanging pictures, or reorganising books for 30 minutes.

Row 2

Explore on wheels (bike, scooter etc)	Cycling Tracks and Routes.
Catch the pahi (bus) to a place of interest	Metro fares are now 50% off. Maps and timetables.
Do something active out of your comfort zone	Step outside your comfort zone to reach your fitness goals (Fitness 19).
Visit your local awa (river). Find out about its cultural and historical significance.	Rangitata and Rakaia Rivers (Department of Conservation). Ōtākaro/Avon River (Christchurch City Council). Waimakariri River (Environment Canterbury). Canterbury's braided rivers.
Participate in a mind/body class	YMCA classes. Selwyn District Council classes. Christchurch City Council classes. North Canterbury Sport & Recreation Trust classes. Find activity providers in the Sport & Rec Guide.

Row 3

Do something active in your lunch break	Easy ways to move more during your workday.
Park further away from work	Simple ways to add more exercise into your day (LifeHacker).

Plan a night walk and see if you can spot the Matariki star cluster	How to find Matariki (Te Ara).
Go on a high-tech treasure hunt! Find a geocache in your local area	Getting started with geocaching . Geocaching in Canterbury . Ten tips for newbies looking for their first geocache .
Do something active and pārekareka (fun) with someone else	The options are endless! What's something you've always wanted to try? It could be as simple as going for a walk, or playing a new sport like Pickleball!

Row 4

Have an active play date with whanau or friends at the park or hōpua (pool)	Parks, Playgrounds and Sports Fields . Pools and places to swim .
Do an activity that makes you 'huff and puff'	Jogging or running, swimming lengths, playing tennis, playing basketball or football, skipping with a rope, star jumps, climbing stairs, dancing enthusiastically to music, doing housework! Walking up outdoor steps (To Be Personal Training). More easy ways to move more .
Have a go at frisbee golf	Disc golf is a recreational sport played to broadly similar rules as traditional ball golf. How to play the game . Find places to play disc golf .
Play a game of your choice that uses a ripi (frisbee)	How to Play Ultimate Frisbee for Beginners . 15 Frisbee games to enjoy with kids.

Row 5

Do something in or near wai (water)	Swimming pools in Christchurch (Christchurch City Council). Beaches in and around Christchurch (Christchurch NZ) . Ōtākaro/Avon River (Christchurch City Council). Aquatic facilities in Rolleston (Selwyn District Council). Swimming pools in Selwyn . Beaches and the Estuary in the Waimakariri . Aquatic facilities in the Waimakariri .
Have a go at a hākinakina (sport) or active pursuit you've never done before	Find sports and active recreation clubs in the Sport & Rec Guide . Stuck for ideas? You could try Basketball, Skateboarding, Water Polo, Waka Ama, Touch Rugby, E Sports, Badminton, Pickleball, Orienteering, Golf...
Prepare the garden for kōanga (Spring) planting	Spring gardening tips . (Homegrown Happiness). A beginner's guide to composting (Tui).
Complete a ngahere (forest) walk with friends	Best Forest Trails in Canterbury (All Trails). Hanmer Forest Park (Department of Conservation). Bottle Lake Forest (Christchurch City Council). McHugh's Forest Park (Selwyn Connect). McLeans Forest (Environment Canterbury). Foothills forests such as Oxford, Glentui, Mt Thomas, Mt Grey/Maukatere (Department of Conservation).