

WHERE TO GO FOR MORE INFORMATION – PHYSICAL ACTIVITY

The following organisations provide a range of resources, services and support for physical activity.

NT Department of Sport and Recreation www.nt.gov.au/leisure (08) 8982 2358	Provides: <ul style="list-style-type: none"> ■ information on sport and recreation providers and opportunities in local areas ■ information to assist with sport development ■ information on available grants and vouchers
National Heart Foundation www.heartfoundation.org.au 1300 362 787	Provides information on: <ul style="list-style-type: none"> ■ heart health ■ events ■ programs such as <i>Heartmoves</i> and <i>Heart Foundation Walking</i>.
Exercise and Sport Science Australia (ESSA) www.essa.org.au (07) 3856 5622	Provides: <ul style="list-style-type: none"> ■ access to accredited exercise physiologists ■ information on physical activity programs.
Sports Medicine Australia (SMA) www.sma.org.au	Provides information on: <ul style="list-style-type: none"> ■ physical activity safety ■ injury prevention and advice in relation to participating in sport ■ sports first aid programs.
Fitness Australia www.fitness.org.au 1300 211 311	Provides access to: <ul style="list-style-type: none"> ■ registered fitness professionals (instructors and trainers) ■ recognised fitness providers (fitness centres, health clubs and gyms) ■ a consumer website with searchable directories and information about the fitness industry, available at www.startexercising.com.au
/LH 30NT www.pedalsnt.org.au	Provides information on: <ul style="list-style-type: none"> ■ Bike events and rides ■ Local clubs ■ Resources
10,000 Steps www.10000steps.org.au	Provides: <ul style="list-style-type: none"> ■ information on physical activity and pedometers ■ a free health promotion program that encourages the use of step-counting pedometers to monitor daily physical activity levels ■ interactive online features for workplaces to conduct team challenges.
Healthy Living Network www.healthylivingnetwork.com.au	Provides a searchable list of programs and service providers for a range of healthy living activities.
Arthritis and Osteoporosis NT https://www.aont.org.au/	Provides information on physical activity opportunities for those living with arthritis.