



KIAMA MUNICIPAL COUNCIL
your council, your community

Physical Activity

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Helping to keep you active

Being physically active on a regular basis is an important part of a healthy lifestyle. Regular physical activity helps to reduce the risk of heart disease and stroke; manage weight, blood pressure and blood cholesterol; prevent and control diabetes; and reduce the risk of developing some cancers. We are committed to creating supportive and sustainable environments and infrastructure such as walking paths and the Kiama Leisure Centre where local residents can engage in physical activity.



- [Kiama Health Moves 2019 \(flyer\)](#)
- [Heart Fit Classes](#) within Kiama LGA
- [Kiama Mobility Map](#)
- [Kiama Leisure Centre](#)
- [Outdoor Fitness Equipment](#)