Get Active Koo Wee!

As a small town Koo Wee Rup has its very own distinct and unique set of characteristics that reflects its diversity and livability as a place in which people live, work, learn and play.

Local neighbourhoods are important places as they can shape our physical, mental and spiritual health, how we spend time with our family and friends, our sense of belonging and connection with our community. These places where we spend our time have a direct impact on our health and wellbeing.

Leading an active life improves health and wellbeing. Many Victorians are not active enough each and every day. The statistics tell us that this is:

6 in 10 adults

3 in 4 seniors

8 in 10 children and young people

That's too many people missing out on a healthy life.

Putting physical activity into every day can improve our mental health, help us to stay well in to our older years and increase levels of happiness. It is never too late to start leading an active life, with the health and wellbeing benefits realised well into older age. By moving more and sitting less we can reduce the risk of ill health.

This guide will help you make the most of the built and natural environments, clubs and groups in Koo Wee Rup. The guide includes walking, cycling tracks and public space, as well as information about recreational physical activity, sports and even community gardening.

We hope this guide will support you to choose active living, make the most of the walkability of Koo Wee Rup and make a few friends when you are out and about.

Aileen Thoms
Primary Health and Innovation Manager
Kooweerup Regional Health Service July 2020

Kooweerup REGIONAL HEALTH SERVICE

Get Active Koo Wee!

C6 **Bowling Club,** 245 Rossiter Road, ph: 5997 1266 www.kooweerupbowlsclub.com

E5 **Cochrane Park** playground and BBQ area

E5 **Community Centre,** ph: 5997 2001 kwrhall@gmail.com

C6 **Community Garden,** 235 Rossiter Road, open weekdays 8am to 6pm, Saturdays from 9am, pick and pay with work or by donation

G1 **Cricket Club,** Recreation Reserve, Denhams Road, ph: 5997 1307 Senior teams, Junior teams and Milo cricket

G1 **Football Club,** Recreation Reserve, Denhams Road, ph: 0478 415 639 (Secretary) kooweerupfc@hotmail.com

B7 **Group Fitness Classes,** Hewitt Eco House Community Room 215 Rossiter Road, ph: 5997 9679

F5 **Gym and Fitness Centre,** 277 Rossiter Road, ph: 0425 854 918

H1 **Horse Riders Club,** training sessions, social activities and competition. Member of Horse Riding Club Association of Victoria. Recreation Reserve, Denhams Road, ph: 5997 2232 kw194324@bigpond.net.au

B6 **Mens Shed,** 235 Rossiter Road, activities include gardening, cooking, computer lessons, woodwork, metalwork and community projects, ph: 5997 9687 Monday to Saturday 9am to 3.30pm

C1 **Motorcycle Club,** 335 McGregor Road Pakenham ph: 0458 250 450 committee@kooweerupmcc.com.au

G1 **Netball Club,** Recreation Reserve, Denhams Road, PO Box 91 Koo Wee Rup 3981 kooweerup.netball@gmail.com

D5 **Outdoor gym equipment,** Cochrane Park

B7 **Pilates,** Hewitt Eco House Community Room, 215 Rossiter Road, ph: 0429 814 410

D5 **Skate Park, Basketball and Netball rings**

E6 **Stop and Drop Zone** encourages students to walk, ride, scoot or skate to school

B7 **Strength Exercises with Angela,** Hewitt Eco House Community Room, 215 Rossiter Road, ph: 5997 9756

D6 **Swimming Club,** Cochrane Park, ph: 5997 1372 cardinia@alignedleisure.com.au

C5 **Tennis Club,** Cochrane Park, ph: 5941 8384 www.kooweeruptennisclub.com first.serve@bigpond.com

B7 **Walking Groups,** there are several Heart Foundation walking groups that meet at the hospital gates and clock towers https://walking.heartfoundation.org.au/walking/victoria

Created by Kooweerup Regional Health Service.
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Pictured: Aerial photo of the Community Garden and Gum tree outside the swimming pool.

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Koo Wee Rup

KWR bypass to Sth Gippsland Highway

to Pakenham

McDonalds Drain Road

Boundary Drain Road

to Bayles

Bunyip River

Station St.

School

Shops

School

School

Community

Shed

Hospital

Rossiter Road

Sybella Avenue

to Phillip Island

N

W

E

S

- Roads
- Water
- Walking Paths
- Parks
- Seats
- Walk - 4.5km
- Walk - 2km
- Stop and Drop Zone