



20for2020



X E E A E X E R C I S E
 H K L F I T N E S S M V
 Y J V H Q R F V A C I H
 D O M O I Y G K D A L J
 R G Q P L K U N X R L Z
 A G S D H U E U E D I R
 T I T R O Q N T D I O Y
 I N R T P W E T E O N M
 O G O M R M A J E A S M
 N V L K O E Z L Y E M F
 L E L D U Q K T K E R L
 R X E A C A L O R I E S
 N P G F R I E N D S P Y
 C H A L L E N G E L T E
 G E F B U S H W A L K H
 D C L F C O L O U R S K
 L I T C A M P E R S A L
 H J N O U T D O O R S J

<i>bushwalk</i>	<i>fitness</i>	<i>pedometer</i>
<i>calories</i>	<i>friends</i>	<i>stroll</i>
<i>campers</i>	<i>hike</i>	<i>team</i>
<i>cardio</i>	<i>hydration</i>	<i>trek</i>
<i>challenge</i>	<i>jogging</i>	<i>volunteers</i>
<i>colours</i>	<i>millions</i>	<i>walk</i>
<i>exercise</i>	<i>outdoors</i>	



Edmund Rice
Camps

Remember to send your weekly steps in!

Sundays until Nov 1st

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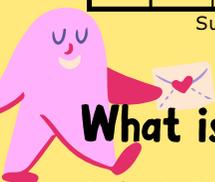
Eddie Gazettie

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	9	5	8	6		7		
1	4	6			2			
3				4		9	2	
			7	5			8	
7		1				5	2	
8			3	1				
	7	4		3			5	
			9			6	8	4
	2			5	6	1	3	

Sudoku provided by Sudoku.com.au



What is Sudoku?

A classic Sudoku game involves a grid of 81 squares, like the ones here. The grid is divided into nine blocks, each containing nine squares.

The rules of the game are simple: each of the nine blocks has to contain **all the numbers from 1-9** within its squares. Each number can only appear once in a **row**, **column** or **box**.



	9	5	8	6		7		
1	4	6			2			
3				4		9	2	
			7	5			8	
7		1				5	2	
8			3	1				
	7	4		3			5	
			9			6	8	4
	2			5	6	1	3	

Sudoku provided by Sudoku.com.au

How do I get steps?

So you're excited to get up some steps, but you don't know where to go? We've got you guys covered with this list! From places close to home to fun areas to explore, you'll have so much fun boosting your step count on these awesome walks. Remember to get someone to come with you and **stay safe** out there!



Walk to school: One of the easiest ways to get steps up is to wear your pedometer to and from school. Even better, keep it on **all day** at school and you'll see your steps go up in no time!

Go to a local walking track:

Australia has so many awesome walking tracks, and there's more near you than you think! We've **put together a list** on the next page, but you might know your own – grab a friend and an adult and go exploring.



Wear your pedometer during sport: When you're having fun playing sport, you'll do so many steps without even realising! You could wear it in a netball game, or take it along to footy training. It's **really important** to make sure you can **keep it safe** when you're playing so it won't get damaged. Always check with a coach or adult to see if it's a good idea.

Walking tracks



The Falls Walk, Budderoo National Park: Starting at the Minnamurra Rainforest Centre, take this walk to enjoy spectacular rainforest, waterfall and canyon views!

Aboriginal Heritage Walk, Ku-ring-gai Chase National Park: This fascinating walk highlights rock art and engravings of the Aboriginal people of West Head. Take in the amazing Red Hands Cave, then continue around the loop to the impressive views from West Head lookout before heading back to Resolute Picnic Area for lunch.

Forest Path, Royal National Park: One of the oldest tracks in the Royal National Park, families have been visiting since 1886 to stroll through the forest of cabbage tree palms and beautiful Gynea lilies. If you're loving it, you can even add on a 1.6km loop to Palona Cave and Waterfall.

Lake Parramatta Reserve: The perfect way to enjoy a sunny Sydney day by the water, there are three different tracks available in the reserve – the She-oak track (1.5 kilometres-return), Banksia Track (2.4 kilometres-return), as well as the longer Lake Circuit that winds its way around the periphery of the Lake. The lake itself is open for swimming from October!

Prince Henry Cliff Walk, Blue Mountains National Park: Pick and choose the length of your walk along this 7km track, taking in magnificent views, famous lookouts, and iconic scenery – including the Three Sisters!

