



Child Obesity Management, Education & Research Program

Koala Home

Koala Clinic

For Parents & Families

For Health Professionals

Research

Koala Active Kids Club

Email Koala



A is an Active Mind and an Active Body

This is the key - thing positive and that you can make a healthy change in your life and you will!

Having an active mind with lots of interesting hobbies and activities and being physically active makes you feel stronger and healthier and better able to cope with life's many challenges.

Some Active Mind Sites

[State Library of Queensland](#)

[QLD Performing Art Complex \(QPAC\)](#)

[Gallery of Modern Art \(GOMA\)](#)

[QLD Science Centre at Southbank](#)

[QLD Museum](#)

[The University of QLD James and Mary Emilia Mayne Art Museum](#)

Some Active Body Sites

Eat Well BE Active QLD Health Site - [Get Active Gateway](#)

[Brisbane City Council Chill Out Kids Recreation Programs](#) - but there may be also activities and programs in your [local council](#)

[University of QLD Sports](#)- take a [Citycat](#) to St.Lucia or ride your bike across the new [Eleanor Schonell](#) "Green" Bridge to UQ ([see map and download](#))

[Scouts QLD](#)

[Girl Guides](#)

[After Active Schools Communities and Australian Sports Commission](#)

[Brisbane Bike paths](#) (download maps)

Parklands: [Southbank](#) & [Roma Street](#)

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