



HOW TO HOST A HEALTHY BREAKFAST



To celebrate National Walk to Work Day and reward those who walk and take public transport to work, businesses, councils, government agencies, hospitals, universities, TAFE colleges and all workplaces are asked to 'Host a Healthy Breakfast'. Here are some suggestions to make hosting a healthy breakfast easy:

FRESH FRUIT

- Fresh fruit
- Tinned fruit in natural juice or unsweetened
- Dried fruit
- Pure fruit juice (no added sugar)
- Fruit smoothies made with reduced fat milk and/or yoghurt

BREADS

- Offer a range of wholegrain bread, rolls and wraps such as wholemeal, wholegrain, rye, white high fibre, bagels, English muffins, raisin toast, crumpets
- Polyunsaturated and monounsaturated margarine spreads or reduced fat dairy blends with the Heart Foundation Tick are preferred choices - serve on the side (if appropriate)

BREAKFAST CEREALS

- Offer lightly processed, high fibre cereals (eg: wheat breakfast biscuits, porridge, bran flakes, natural muesli)
- Heavily-processed cereals have added sugar, fat or salt (eg: toasted and sweetened muesli, sugar coated cereals) and are not recommended
- Offer reduced fat milk and yoghurt and fresh fruit

COOKED BREAKFAST

- Pancakes and waffles topped with fruit (eg: banana, strawberries etc) and reduced fat yoghurt
- Eggs - scrambled, poached, boiled or omelettes made with skim or reduced fat milk
- Lean bacon or ham, grilled
- Baked beans, fish cakes (grilled or baked), sautéed onion with mushrooms or tomatoes, bubble and squeak, (potato and vegetables)

TOAST TOPPERS (can also use on English muffins, crumpets or buns, preferably wholemeal)

- Tomato and finely chopped onion
- Peanut butter (No added salt)
- Spaghetti (Salt reduced)
- Reduced fat cheese
- Mushrooms
- Banana
- Baked beans (Salt reduced)
- Avocado and black pepper with a squeeze of lemon

This information has been sourced from "A Healthier Serve", the Heart Foundation's catering recommendations. For more healthy eating ideas visit www.heartfoundation.org.au or call 1300 36 27 87

walk.com.au



NATIONAL WALK TO WORK DAY
Friday 2 October 2009

BETTER HEALTH
CLEANER AIR

Sponsored by the Australian Government and supported by all State, Territory and Local Governments and



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UNBLOCK SOME ARTERIES

WHAT IS NATIONAL WALK TO WORK DAY?

Walk to Work Day (WTWD) is an annual event held around Australia which promotes regular walking and a cleaner environment. By registering for participation at walk.com.au individuals, businesses and organisations can take the first step to improve our nation's health & environment.

REGISTER AS A CORPORATE AMBASSADOR – IT'S FREE

There is overwhelming evidence that moderate physical activity (even 15 minutes before and after work each day) can significantly enhance workplace health, well-being and productivity, and reduce sick leave and absenteeism.

Senior Managers are encouraged to put their organisation's best foot forward by registering as a WTWD Corporate Ambassador. Doing so recognises that your company values health, regular exercise and the environment. It also means that management will encourage as many employees as possible to Walk to Work on Friday 2 October.

Join some of Australia's leading corporations and organisations and demonstrate your commitment to better health and a cleaner environment by registering as a Corporate Ambassador at walk.com.au



REGISTER INDIVIDUALLY FOR YOUR CHANCE TO WIN A WALKING HOLIDAY FOR 2 IN NEW ZEALAND – IT'S FREE

Join thousands of fellow Australians and register individually as a Walking Class Hero.

This simply means that you pledge to walk all or part of the way to work or go for a walk at lunchtime on WTWD.

By registering at walk.com.au, you can go into the draw to win a guided walking holiday for 2 on New Zealand's most famous walk, the Milford Track. It's valued at over \$5,000. The prize includes: 2 return airfares to Queenstown, a 5-day guided walk, transport to and from Queenstown, 4 nights' lodge accommodation, all meals from day 1 to day 5 and the services of expert guides. And it's free to enter

THE AIMS OF NATIONAL WALK TO WORK DAY

- To promote regular walking as a healthy activity (better physical, mental and social health)
- To reduce reliance on the private motor vehicle (reduce car dependency)
- To promote and improve the use of public transport (less traffic)
- To improve air quality by reducing unnecessary vehicle emissions (help tackle climate change and reduce global warming)



RELIEVE THE CONGESTION

IMPROVE YOUR HEALTH

For most Australians, regular walking is the best form of physical activity. Become a Walking Class Hero on Friday 2 October 2009 by simply walking all or part of the way to work.

Some suggestions on how you can incorporate walking into your work day are:

- If you have to drive, leave the car at least a kilometre from your destination and walk the rest of the way
- Use public transport and get off the bus, train, tram or ferry a few stops earlier and walk the rest of the way to work.
- Take a half-hour walk at lunchtime and where possible use the stairs.

SHRINK YOUR CARBON FOOTPRINT

With average use, an Australian family car travels 15,000km a year, generating about 5 tonnes of greenhouse pollution and costing its owners about \$13,000.

Walking just 10km a week (1km each way, to and from work), instead of driving, saves about \$900 in transport costs and 300 kilograms of greenhouse pollution each year.

PUBLICITY & PROMOTION

Corporations, organisations, councils and government agencies can help to promote the event locally by contacting WTWD PR consultants in their State or Territory (see walk.com.au for details).

They have been specifically engaged to help promote the event through local newspapers, radio, TV and other networks. Please display the poster in your workplace and email the flyer (download a copy from walk.com.au) to all your friends and colleagues and suggest they register as well.

HOST A HEALTHY BREAKFAST

To recognise and reward employees who participate in WTWD, employers are asked to 'Host a Healthy Breakfast', where feasible, on Friday 2 October. Healthy Breakfast ideas are overleaf.



For further information go to walk.com.au or phone the Pedestrian Council of Australia on (02) 9968 4555