

All ages urged to be 'walking class heroes'

PEOPLE of all ages, shapes and sizes can start getting their health back on track by participating in Walk to Work Day tomorrow week, Friday November 5.

Australian of the Year 2003 Fiona Stanley is endorsing Walk to Work Day as an effective way to combat the nation's rising levels of physical inactivity, mental illness and obesity. "As a health researcher, I can assure you that regular walking is the best exercise," Professor Stanley

said. "Just 30 minutes a day of walking makes a big difference to your health."

Walk to Work Day, organised by the Pedestrian Council of Australia, is in its seventh year.

The council says every Australian can become a "walking class hero" - achieving better health, cleaner air, less traffic and improved transport by including walking every day.

Chairman Harold Scruby said becoming healthier was easier than a lot of people thought. "A

healthy lifestyle doesn't have to be a fanatical and sudden change. It amazes me that people start the car, drive to the gym and walk on a treadmill. So many people think they need to spend money on gym memberships and fitness regimes, yet one of the simplest and most effective ways they can improve their health is to walk for 30 minutes a day," Mr Scruby said. "Why spend money to walk on a machine when there's a whole community out there to explore?"