

MEDIA RELEASE
Save the Date
NATIONAL WALK TO WORK DAY
Friday 6 September 2024

August 2024 National Walk to Work Day is on Friday 6 September 2024: It encourages employees and employers to build regular walking into their daily routines.

Walk to Work Day is the perfect time to get walking and step into Spring, starting on the path to a healthier workplace and healthier you.

Beginning in 1999, the annual event encourages employees and employers to walk to and from work, take a walk at lunchtime, and use the stairs instead of the escalator or elevator.

Walk to Work Day promotes better physical, mental and social health for all Australians. It reduces the reliance on private motor vehicles, promotes the use of public transport to ease traffic congestion, and improves the environment by cutting down on unnecessary vehicle emissions.

According to the [2022 National Health Survey](#), four out of five Australians do not meet the government's physical activity guidelines. It was also reported that more than 2 million Australians are living with [high cholesterol](#).

Regular walking can help:

- Reduce the risk of, or help manage [blood sugar levels](#) and [type 2 diabetes](#)
- Maintain or improve [blood pressure](#), [cholesterol](#), and reduce [cardiovascular disease](#)
- Reduce the risk of some [cancers](#)
- Prevent unhealthy weight gain and help with weight loss
- Maintain strong muscles and bones
- Develop and maintain physical and mental wellbeing
- Create opportunities for socialising and meeting people

It's easy to get involved:

- If you can't walk all 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
- If you do need to drive, leave the car a kilometre or two from your destination and walk the rest of the way
- Take a half-hour walk at lunchtime
- Where possible use the stairs rather than escalators or the lift
- If you sit at a desk, be sure to get up and walk around at least once every hour
- Get up and talk to your colleagues instead of sending them emails or texts
- If working from home, make sure you take a break and walk regularly throughout the day
- Rather than holding meetings around a table or online, 'host' a 'walking workshop'
- Challenge your work mates and compare your steps

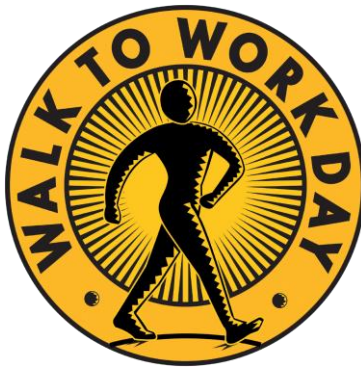
Join us in making a positive impact on our health and the environment by walking to work on Friday 6 September.

All workers are encouraged to get involved in National Walk to Work Day.

For more information, please visit walk.com.au

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FAST FACTS

WHAT:	National Walk to Work Day
WHEN:	Friday 6 September 2024
WHERE:	All workplaces across Australia
WHY:	This national initiative aims to encourage everyone to lead a healthier, more active lifestyle by simply including a walk during the working day. Moving more has many physical, social, emotional, physical, and mental health benefits. It can help reduce the risk of cardiovascular disease, type 2 diabetes, certain cancers and more. The event also promotes reduced car-dependency, greater use of public transport and cleaner air.
HOW:	Encourage Australians to build regular walking in their daily routine by walking to work, or during a lunchbreak
MORE INFO:	www.walk.com.au

Other resources:

[Walk To Work Day 2024 Digital Toolkit](#)

[Australia's physical activity and sedentary behaviour guidelines for adults](#)

[Make your move – sit less, be active for life](#)

[Tips and ideas for being active](#)

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Official hashtag: [#wtwd](#)