

# Walk to work for cleaner air, better health

FRIDAY, November 5 is National Walk to Work Day and what better place to walk to work (or anywhere else!) than in our beautiful towns.

The event is an initiative of the Pedestrian Council of Australia (PCA) and there are five main objectives to the day to:

- Promote regular walking as a healthy activity
- Promote walking as an important transport mode
- Reduce reliance on the private motor vehicle
- Promote and improve the use of public transport to and from work
- Improve air quality by reducing unnecessary vehicle emissions.

In simple terms: Better Health - Cleaner Air - Less Traffic - Improved Transport.

Great Lakes Council's Road Safety Officer Nicole Meyer told the Advocate,

"With obesity in Australia at epidemic levels, the widespread and continuing promotion of "active transport" and regular walking can help to reverse these worrying trends.

"Also, with the ever increasing price of fuel, walking is fast becoming the more attractive and practical transport option."

People don't need to do anything special to participate in this national event, other than leave the car at home on Friday, November 5.

"Hopefully by starting with a day like Walk to Work Day people will realise how much more pleasant and relaxing a walk to work can be and will begin to make it a regular habit," Nicole added.