



National Walk to Work Day - Friday 1 October 2010

PUT YOUR FEET FIRST AND MAKE WALKING WORK FOR YOU

REGISTER NOW - IT'S FREE

Now in its 12th year, **National Walk to Work Day**, on **Friday 1 October 2010**, is an annual event which helps employers and employees to build regular walking into their daily routine.

Did you know that people who walk before and during work are generally healthier, more productive and creative and less likely to be absent or on sick-leave? Regular walking can also help to relieve feelings of depression or anxiety. And it improves our environment by reducing car dependency.

We are therefore asking all workers to put their Feet First and take part in National Walk to Work Day.

It's easy - here's how:

- **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 must drive, leave the car at least a kilometre from your destination and walk the rest of the way.**
- **Take a half-hour walk at lunchtime and where possible use the stairs.**
- **If you are required to sit a lot at work, get up and walk around at least once every hour.**

All participants are encouraged to **Register at walk.com.au** and enter the draw to win one of two walking holidays for two people in New Zealand or Tasmania, thanks to wotif.com . Or they can win one of 250 new pairs of Rockport shoes valued at \$200 a pair. Every person who registers and pledges to participate will receive a \$25 Rockport voucher.

CEOs and HR Managers are also encouraged to **Register their organisations as a Walking Workplace** at walk.com.au They can help to promote the event locally by contacting our PR consultants in their state or territory (see walk.com.au for details). Management can also **Host a Healthy Breakfast** for those employees who take part.

Once registered online as a **Walking Workplace**, organisations will receive WTWD e-newsletters with motivational tips for management and staff on how to **Make Walking Work For You**.

Yours faithfully

Harold Scruby
Chairman - Pedestrian Council of Australia

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



walk.com.au

