

Simple steps to better health and cleaner air

EARTH FIRST ARTICLE

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Next Friday, October 2, is National Walk to Work Day. By participating in the event and walking all or part-way to work, you can promote a healthy lifestyle and a cleaner environment. Register as an individual or a 'Walking Class Hero' at www.walk.com.au and you even go into a draw for a holiday for two to New Zealand's world famous Milford Sound.

What is National Walk to Work Day?

Walk to Work Day is a national community-based event held every year to promote regular walking and exercise, and to promote a cleaner environment. It is supported by the Pedestrian Council of Australia and the event provides the opportunity to get active in an environmentally friendly activity.

The aims of Walk to Work Day are:

1. Promote regular walking as a healthy activity (better physical, mental & social health)
2. Reduce reliance on the private motor vehicle (reduce car-dependency)
3. Promote and improve the use of public transport (less traffic)
4. Improve air quality by reducing unnecessary vehicle emissions (reduce global warming)

Benefits to you and the environment

There are many reasons why health professionals encourage regular exercise and walking. Regular exercise (even as little as 15 minutes before and after work) can promote fitness and a healthy lifestyle, enhance your well-being, and increase general happiness. Regular exercise can also prevent health issues later in life.

Walking to work will also reduce your carbon footprint, reduce dependence on your motor vehicle, reduce traffic and pollution, save you money and promote use of our wonderful parks, gardens and walkways.

Workplaces are also urged to set an example by participating in the event and by encouraging all employees to walk to work. Active transport (walking and cycling) and workplace physical activity programs have been shown to greatly reduce sick leave and increase workplace productivity.

Councils are urged to support walking by promoting awareness of footpaths and local walking routes, and by improving access to public and activity-based transport options.

For further information go to www.walk.com.au or phone the Pedestrian Council of Australia on (02) 9968 4555. Contact Orange City Council for a local walking and cycleway guide for the Orange region.

On Friday October 2, join thousands of fellow-Australians and walk all or part-way to work.

Green dates for the calendar

Energy Awareness Month – October (see next weeks article)

National Ride to Work Day – Wednesday 14 October.

Information contained in this article was sourced from www.walk.com.au.