

## SO MANY BENEFITS!

It's never too late to start being physically active. Physical activity has a number of benefits regardless of your age.

- Boosts energy levels and improves mood
- Controls weight
- Gives you time to think
- Provides time with friends or family
- Cuts car induced air pollution.

## WALKING HINTS

### 1. Make walking part of your day

Choose a time that suits you and that you can stick to. Opportunities include:

- walking your dog
- taking the stairs
- parking the car further away.

### 2. Set yourself goals

Have a target in mind eg. 2km path three times a week. This can be a great incentive. Remember to start out slowly and build up gradually.

### 3. Go with a friend

A walking partner, such as a friend, workmate, spouse or dog can keep you motivated and on track. For more information about *Just Walk It* walking groups visit the Heart Foundation website: [www.heartfoundation.com.au](http://www.heartfoundation.com.au)

## HOW MUCH IS ENOUGH?

10,000 steps is the suggested daily step goal for a healthy adult. You can accumulate this across the whole day. You should aim to put together at least 30 minutes of moderate intensity physical activity on most, preferably all days. Advances in technology mean that these days we are less active. It's up to us to make the choice to move and be active.

## WALKING CHECKLIST

- Wear comfortable shoes
- Wear light coloured clothing, a broad brimmed hat and apply sunscreen (SPF 30+)
- Walk in the morning and evening to avoid the heat of the day
- Drink plenty of water
- Walk at a moderate pace (can talk but not sing)
- Warm up and cool down by gently stretching
- Slow down if you feel breathless or uncomfortable
- If you have chest pain stop immediately and seek medical advice
- Borrow a 10,000 Steps pedometer from Ayr and Home Hill Libraries

## CONTACT DETAILS

This brochure has been developed by the Burdekin Shire Council with assistance from Queensland Health's Tropical Population Health Services, as part of the 10,000 Steps Home Hill project.

### For more information visit:

[www.10000steps.org.au](http://www.10000steps.org.au)  
[www.burdekin.qld.gov.au](http://www.burdekin.qld.gov.au)



# WALKWAYS

## EVERY STEP COUNTS



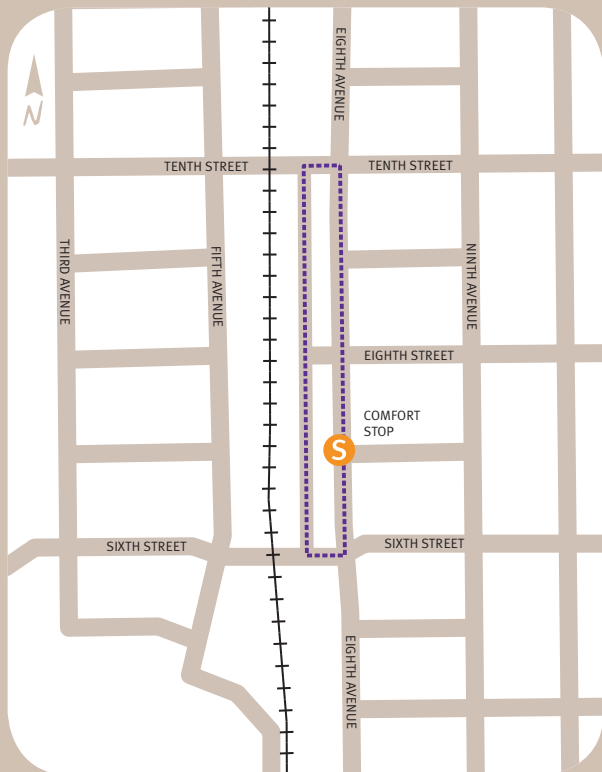
### KEEP OUR PATHS SAFE!

Please report paths that are in need of repair to the Burdekin Shire Council on phone 4783 9800

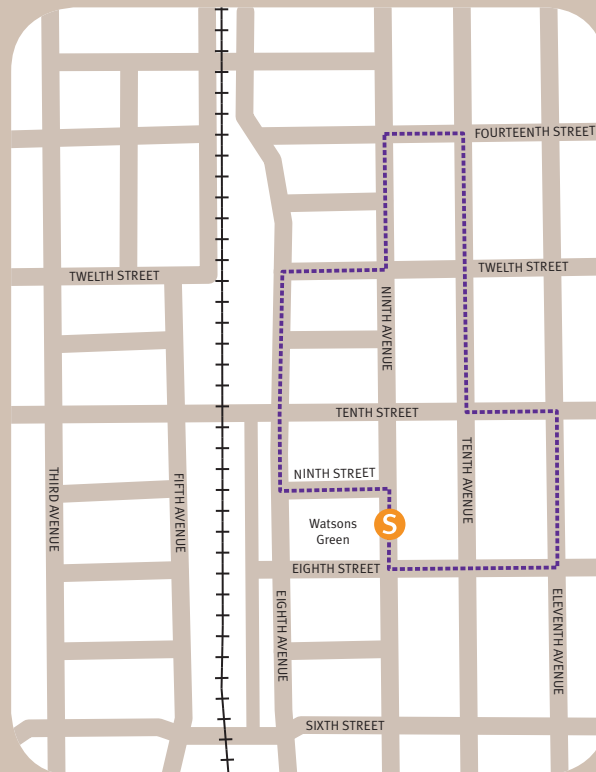


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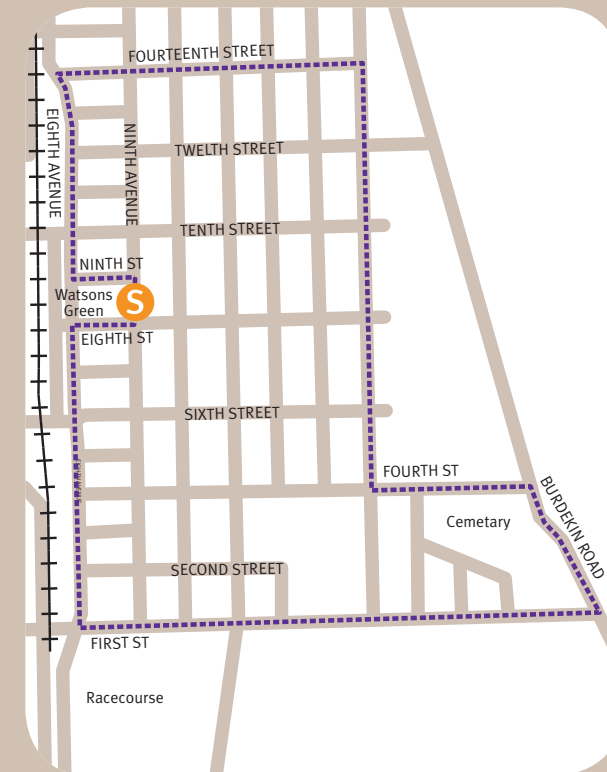
## 1Km WALKWAY



## 2Km WALKWAY



## 5Km WALKWAY



**MAP KEY:** START/FINISH WALKWAY Walks differ in the number of steps as a step can vary from 0.6m - 0.8m.

Many people can reach 10,000 steps a day by adding a 30-minute walk to their everyday activities.

To find out how many steps you do each day, you can use a pedometer (step counter). The pedometer will assist you in setting goals and monitoring your daily activity levels. Pedometers can be borrowed from the Ayr and Home Hill Libraries.

*"The Burdekin" - On the Move to better Health.*

*For more information log onto [www.10000.steps.org.au](http://www.10000.steps.org.au) or [www.burdekin.qld.gov.au](http://www.burdekin.qld.gov.au)*