

# get walking tasmania

October is Walktober



## INTERESTING WALKING FACTS

- Physical inactivity is one of the leading causes of heart disease, Australia's number one killer.
- Brisk walking for three or more hours per week could reduce the risk of coronary events in women by 30 - 40%.
- Physical inactivity is associated with about 8000 preventable deaths each year in Australia.
- Annual cost of physical inactivity in Australia is \$1.5B (Medibank Private Report 07).
- 72% of Tasmanians are not sufficiently physically active for health benefits.
- Over 20% of all car trips in metropolitan areas could be replaced with walking (e.g. within a 2 km walking distance)
- Two-thirds of metropolitan primary school students are driven to school, although the average distance from school is about 2 km.
- To burn off one plain M&M candy, you need to walk the full length of a football field. Think about that next time you dip your hand into a candy bowl at someone's office!
- As little as 30 minutes of brisk walking a day – even if taken in 3 x 10 minute lots – improves your health and wellbeing.

## Walking can...

- aid in the control of high blood pressure, high cholesterol, diabetes, arthritis and cardiovascular disease
- improve general fitness and help control weight
- reduce the incidence of heart disease, diabetes and some cancers
- improve balance and coordination
- increase muscle and bone strength
- reduce stress, tension, depression and anxiety
- increase oxygen supply to the brain, helping to improve memory and alertness
- improve your sense of wellbeing
- increase social opportunities