

SO MANY BENEFITS!

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

- boost energy levels and improve mood
- control weight
- give you time to think
- provide time with friends or family
- cut 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. To walk the 3250 step circuit 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

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 be more 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 Mirani Library

CONTACT DETAILS

This brochure has been developed by the Mackay Regional Council with assistance from Queensland Health's Tropical Regional Services – Mackay Public Health Unit, as part of the *10,000 Steps Mackay* project.

For more information visit:

www.10000steps.org.au
www.mackay.qld.gov.au

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*Mackay Regional Council
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WALKWAYS
EVERY STEP COUNTS



KEEP OUR PATHS SAFE!

Please report paths that are in need of repair to the Mackay Regional Council.
Phone 1300 MACKAY (1300 622 529).



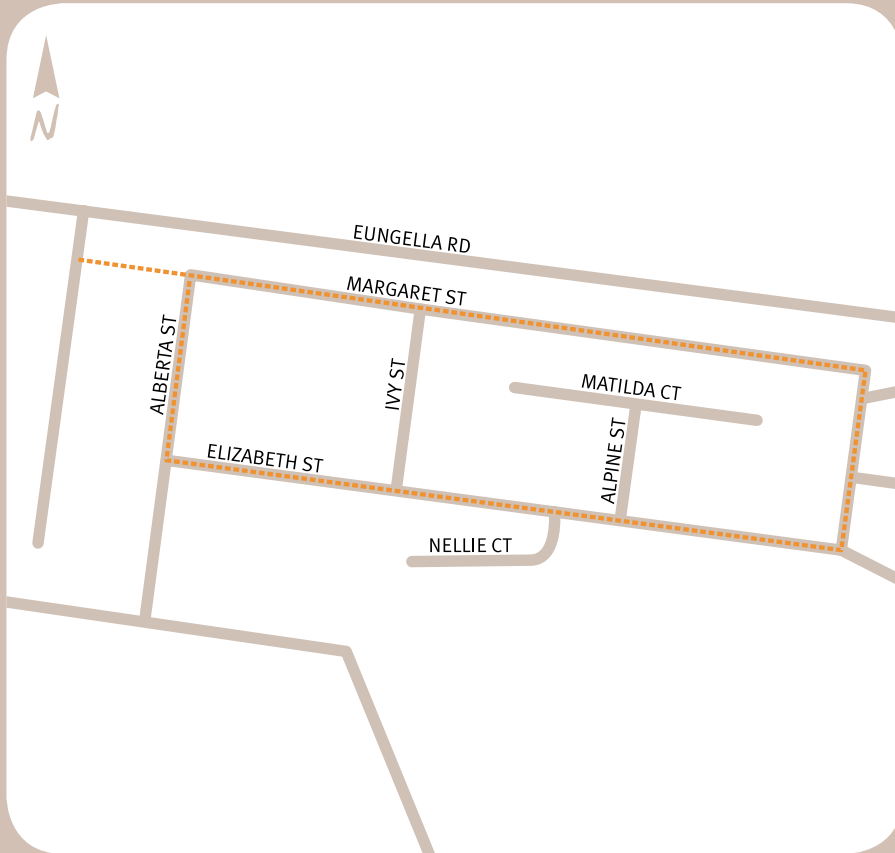
WALKWAYS AVAILABLE IN MIRANI

MAP KEY: **S** START/FINISH **---** WALKWAY **P** PARKING ***** PLAYGROUND

Every 250 steps a stencil  or distance marker  will guide your walk. Walks differ in distance as the average step varies from 0.6-0.8m.

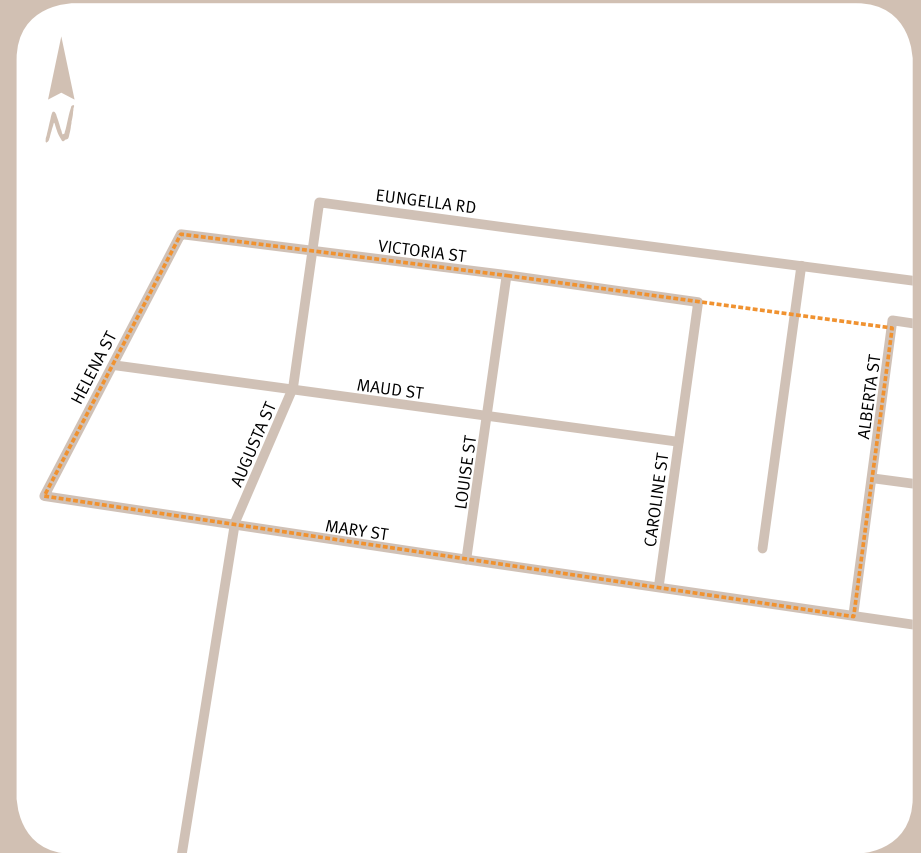
MIRANI #1:

2500 STEPS CIRCUIT / 20 MINUTES



MIRANI #2:

3250 STEPS CIRCUIT / 35 MINUTES



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. Why not combine the two walks for one 5000 steps walk?