

## 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. Gooseponds 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](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 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

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

### Funded by:

*Mackay Regional Council  
and Queensland Health*



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 MACKAY

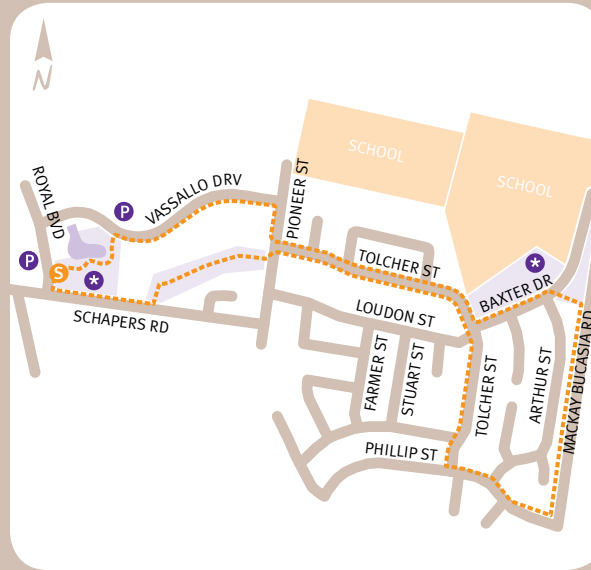
### BOTANIC GARDENS:

LAGOON ST, WEST MACKAY



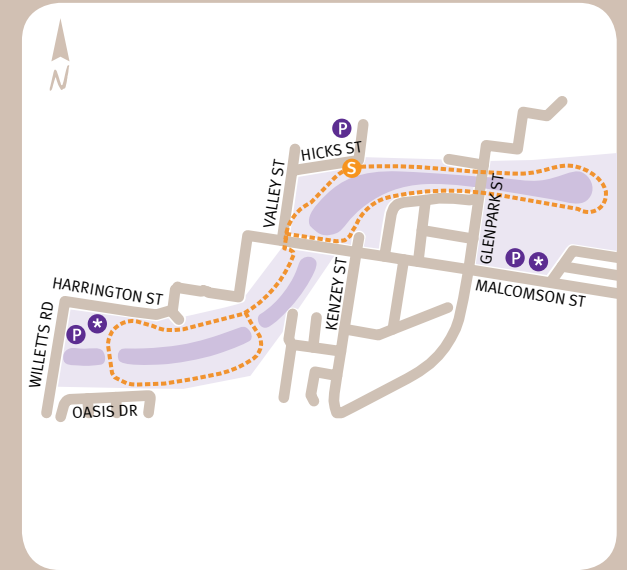
### NORTHVIEW PARK:

CNR SCHAPERS RD & ROYAL BVD, GLENELLA



### GOOSEPONDS:

HICKS ST, NORTH MACKAY



### LENGTH:

5000 steps

### TIME:

Approximately 50 minutes, at a moderate pace

### ROUTE:

This walk meanders through the beautiful Mackay Regional Botanic Gardens. When a junction is reached look for a 10,000 Steps marker to make sure the correct path is followed. Starting at the Administration Building walk left towards Nebo Road. Follow the upper level path closest to Nebo Road under the railway bridge and through the South Sea Islands Gardens. The path loops back under the railway and continues along the lagoons' edge. The pathway will pass beneath the Administration Building on the way to the northeast corner. Turn around just before the path reaches the playground. Follow the path through the Japan precinct towards the Lagoons Café and Gallery. Congratulations you have finished the walk.

### LENGTH:

5000 steps

### TIME:

Approximately 50 minutes, at a moderate pace

### ROUTE:

From the start/finish sign at Royal Boulevard follow the path through the park onto Vassallo Drive. Turn right at Pioneer Street then left onto Tolcher Street. Turn left onto Baxter Street, then follow the path through the park onto Mackay Bucasia Road. Turn right onto Phillip Street then right again when you reach Tolcher Street. Cross Pioneer Street and follow the signs through the park. This leads to Schapers Road, then right onto Royal Boulevard. Well done, you have completed the circuit.

### LENGTH:

5000 steps



### TIME:

Approximately 50 minutes, at a moderate pace

### ROUTE:

Starting at Hicks Street turn left and follow the path under Glenpark Street around the eastern end of the Gooseponds. Follow the lake path past John Breen Park to Valley Street. Cross Malcomson Street at the traffic lights and follow the path keeping the water on the left until the loop is completed. Walk back to Malcomson Street, cross at the traffic lights and follow the path back to the start/finish sign to complete the 5000 step walk. Great! You made it.

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.