

Monday 9 May 2011.

LOCALS URGED TO GET ACTIVE BY 'WALKING FOR FITNESS'

City of Ryde residents are being urged to get active and improve their heart health by joining 'Walking for Fitness'.

There are currently two Wednesday morning walk groups in Meadowbank and anyone is welcome to join.

The program is a partnership between the City of Ryde and the Heart Foundation.

'Walking for Fitness' groups are suitable for people of all ages and fitness levels. The program has the added bonus of helping you stay motivated by providing a friendly sociable environment as well as a walker recognition scheme offering incentives at various walking milestones such as for 25 walks.

Why walk?

- Walking for 30 minutes on most days can reduce your risk of heart disease by as much as half.
- Walking is inexpensive and low impact.
- Walking helps manage body-weight, blood pressure, cholesterol and stress.
- Walking improves your mood and increases your feeling of wellbeing
- Walking can be good for the environment by keeping cars off the road.

Heart Foundation Walking is Australia's largest network of free community-based walking groups, led by volunteer walk organisers.

City of Ryde offers a range of guided walks and walking groups. For more information about Walking for Fitness contact City of Ryde Customer Service on 9952 8222 or go to www.ryde.nsw.gov.au.

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