

So why Walk There Today?

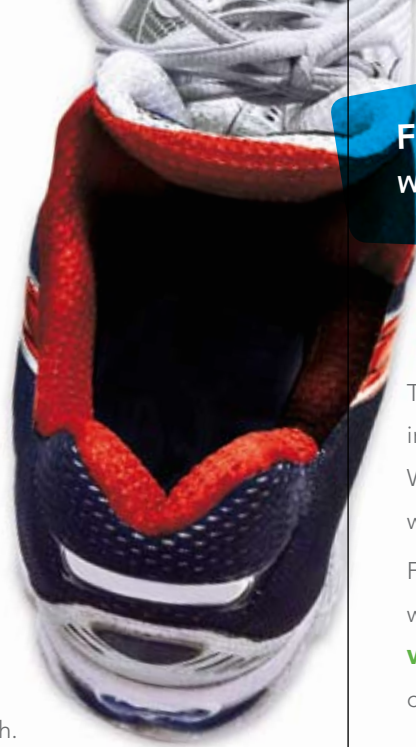
Over 40% of West Australian adults are not active enough for good health.

Walking offers a great way to be active while you are getting to where you need to go.

Doing 30 minutes of moderate exercise a day can help boost your physical and mental health.

This even works if you spread your walking time over the day – for example, walk for two sessions of 15 minutes or three 10 minute sessions.

By walking for some short trips in your neighbourhood, you can also help to create a stronger, safer and more environmentally friendly community.



Feeling Down?

Walking can prevent depression.

Walking Resources

The Department of Transport produces a range of information, brochures and merchandise to encourage West Australians to replace unnecessary short car trips with walking.

For more information on walking, visit Transport's website at:

www.transport.wa.gov.au/walking

or email walking@transport.wa.gov.au

Other walking publications available from Transport:

- Walk There Today Walking Guide Book
- Walk Safely on Shared Paths brochure
- Walking School Bus – A healthy, safe and traffic-free way to get to school
- Local TravelSmart Guide

Other related sites:

National Heart Foundation (WA)

www.heartfoundation.org.au

Physical Activity Taskforce

www.beactive.wa.gov.au

So start today, and walk your way to a better you.

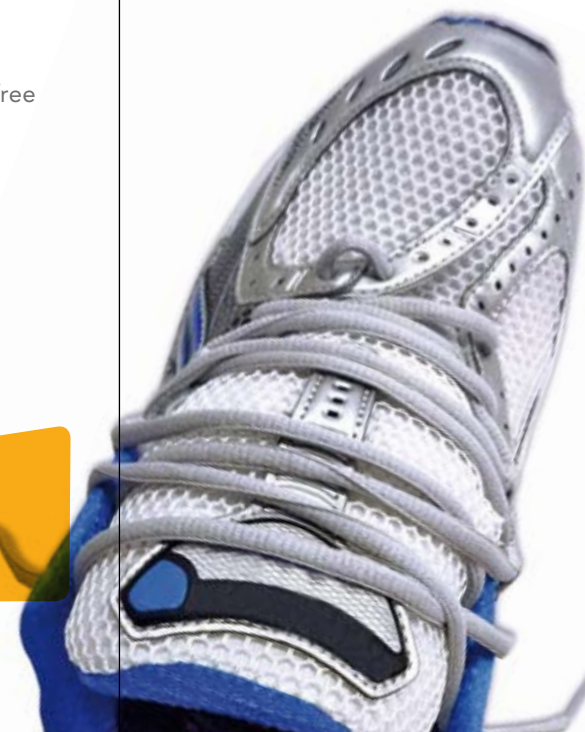
be active wa



Government of Western Australia
Department of Transport



A **better** you is only a short walk away.



WALK
there today

Feeling forgetful?

Walking is a great way to stem memory loss.



Feeling Unhealthy?

Walking is a free and easy way to get fit.

90 Million reasons to Walk There Today

Car use in Perth ranks among the highest in the world.

Each year in Perth, more than 90 million private car trips of less than one kilometre are made.

The Department of Transport's message Walk There Today aims to encourage West Australians to replace short car trips with more active modes of transport, including walking, cycling or public transport.



Feeling Stressed?

Walking is a great way to alleviate stress.

Best Form of Transport






On an average day, Perth residents make more than 250,000 private car trips that are less than one kilometre. The average passenger vehicle emits about 4000 kilograms of carbon dioxide (the prevalent greenhouse gas) each year.


This is equivalent to 2693 average household fridges.

Up to half of all car trips can be easily replaced by walking, cycling or public transport. Walking is a simple, low-cost way to get to your local destinations easily. It only takes about 12 minutes for an average person to walk one kilometre.

Easy walking for short trips

It's easy to replace short car trips with walking

-  **Walk to the shops, local cafes and local parks**
-  **Walk the kids to school or to their friend's house**
-  **Walk to the local bus stop or train station**
-  **Walk on your lunch break**
-  **Walk to post a letter or to the library**







Children who walk to school grasp and retain more of what they've learnt throughout the day.

Interesting Walking Facts

There are many fascinating facts about walking.

Here are just a few:

-  The record for the person with the biggest feet belongs to the tallest man in the world, an American called Robert Wadlow, whose feet were 47 cm long and held up his 2.74m tall body.
-  Neil Armstrong's foot prints are still visible on the moon as there is no wind or rain to disturb them.
-  You need to use about 200 muscles in your body in order to walk upright. Left handed people are generally left footed as well. They also tend to put their left foot forward first when they walk.
-  One quarter of all the bones in your body are found in your feet.