



WHY WALK?

BENEFITS OF REGULAR EXERCISE

Walking is good for our health and for connecting us to our local community. Being active every day, such as a 30-minute walk, can have a big impact on long term health, giving you more energy, making you feel happy and relaxed, even helping you sleep better.

The risk of many key health issues in our local area including heart disease, cancer, diabetes, depression, dementia and arthritis, can all be improved by going for a 30-minute walk every day.

Walking is gentle on the body, suitable for all ages and fitness levels and it's free. It is always best to start out at a gentle pace and eventually build up to a brisk pace that allows you to have a conversation while walking. The 30 minutes of exercise may be broken up into three 10-minute walks and still be beneficial. If you wear a pedometer to count your steps, aim to reach 10,000 steps a day for good health.

With more people using cars to travel short distances, walking gets you out of the car and into the neighbourhood. Choosing to walk to local destinations improves connection of people to their local area and their neighbours.

CAUTION: Please take care when walking. City of Ballarat takes no responsibility for any accidents or injuries that may occur when following this walking map. Wear footwear suitable for walking considerable distances and remember to take water with you. The City of Ballarat recommends you check with your doctor before you begin a regular exercise program.