



Walk towards a healthier heart

with Australia's largest free walking program



Heart Foundation Walking encourages people to walk more and offers support, ongoing information and advice about how to keep active.

Scan the code below to find out more.



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Australian Government

walking.heartfoundation.org.au • 13 11 12



Walking regularly will help:

- reduce your risk of heart disease, stroke and developing some cancers.
- manage weight, blood pressure and blood cholesterol.
- prevent and control diabetes.
- maintain your bone density, reducing your risk of osteoporosis and fractures.
- improve balance and coordination, reducing your risk of falls and other injuries.
- improve your daily mood which ultimately leads to better mental health.

Join a walking group

Walking with the Heart Foundation is a great way to make new friends and build connections within your community.

Get your Personal Walking Plan

We have created Personal Walking Plans to help you be active, healthier, and happier in just six weeks.

Find a walking group near you or get your
Personal Walking Plan today at
walking.heartfoundation.org.au

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