

What do I need to do?

Phone or visit Ballarat Community Health to get a registration form and more information.

What do I need to bring?

- Walking shoes
- Water to drink
- Sunscreen and hat for outdoor walks (between September and May)
- Raincoat for outdoor walks (during wet cold days)

What does it cost?

Free for most groups, a small fee for pole walking.

Free tea and coffee for Sebastopol walks.

For further information:

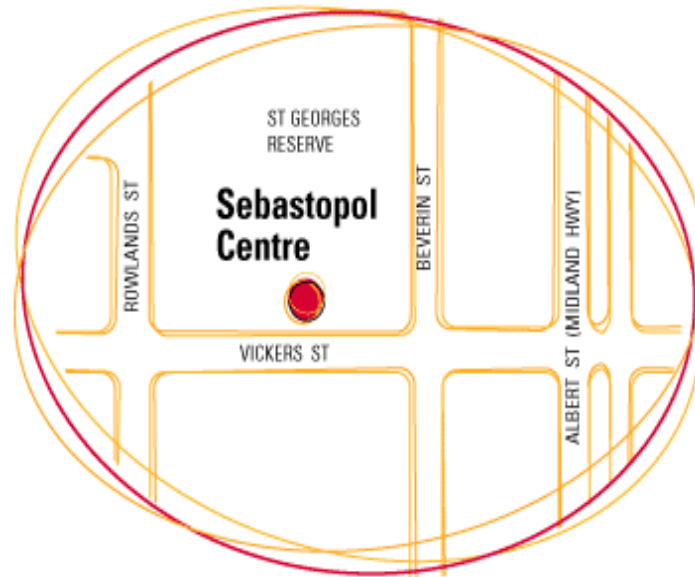
Phone 5338 4500

www.bchc.org.au

Email info@bchc.org.au

Visit 260 Vickers Street,
Sebastopol

Beginners and new walkers
are most welcome.



Walking Groups



**Walking is fun
and healthy**

Benefits of Walking

- Reduces stress, improves mood, easy, fun, low cost and suitable exercise for most people
- Helps manage and reduce the risk of getting many chronic diseases including high blood pressure, heart disease, diabetes and some cancers (bowel cancer)
- Reduces body fat and helps keep a healthy weight
- Increases fitness and balance, strengthens bones and muscles

Try to do at least 30 minutes of walking or other exercise most days of the week.

Benefits of a Walking Group

Joining a walking group is one of the best ways to become more active. Being part of a walking group encourages and motivates one to show up for walks because others expect them to do so.

It is also a great way to make friends, support each other in other life issues, and exercise safely.

Heart Foundation encourages and supports community walking groups. The groups are easy to join and you can walk at your own pace.



When and Where?

When: Tuesdays at 8.00am
Where: Stockland Wendouree
What: An indoor walking group

When: Tuesdays at 9.00am
Where: Various places
What: Short to long walks

When: Wednesdays at 11.00am
Where: Various places
What: Progressive group

When: Thursdays at 9am
Where: 260 Vickers Street
What: Pole walking

When: Thursdays at 4.00pm
Where: Victoria Park
What: Heart Foundation walking

