

Walking distance guide →

Walking speed	Time and distance		
	10 mins	20 mins	30 mins
Slow	0.6 km	1.2 km	1.8 km
Medium	0.9 km	1.8 km	2.7 km
Fast	1.1 km	2.2 km	3.3 km

Source: Walk there today guide 2002-2003

How many steps do you take in a day? Pedometers are a great motivator for walking. They are simple instruments that count the number of steps you do. Recent evidence suggests that adults should aim to take at least 10,000 steps every day for good health.

The How Active At Work study showed men averaged 7165 steps a day compared to women's 3794 steps. The lowest reading was 97 steps by a truck driver, while the street-sweeper clocked up the highest with 33,295 steps in a day. You can buy pedometers for between \$30 and \$50 from most sports stores or outdoor shops.

Information and maps on walking can be found at the Department for Planning and Infrastructure's website at www.dpi.wa.gov.au/walking



More information →

Contact a TravelSmart Workplace coordinator at:

Department of Environment

Phone (08) 9222 7000

www.environ.wa.gov.au/community/travelsmart.asp

Department for Planning and Infrastructure

Phone (08) 9216 8000

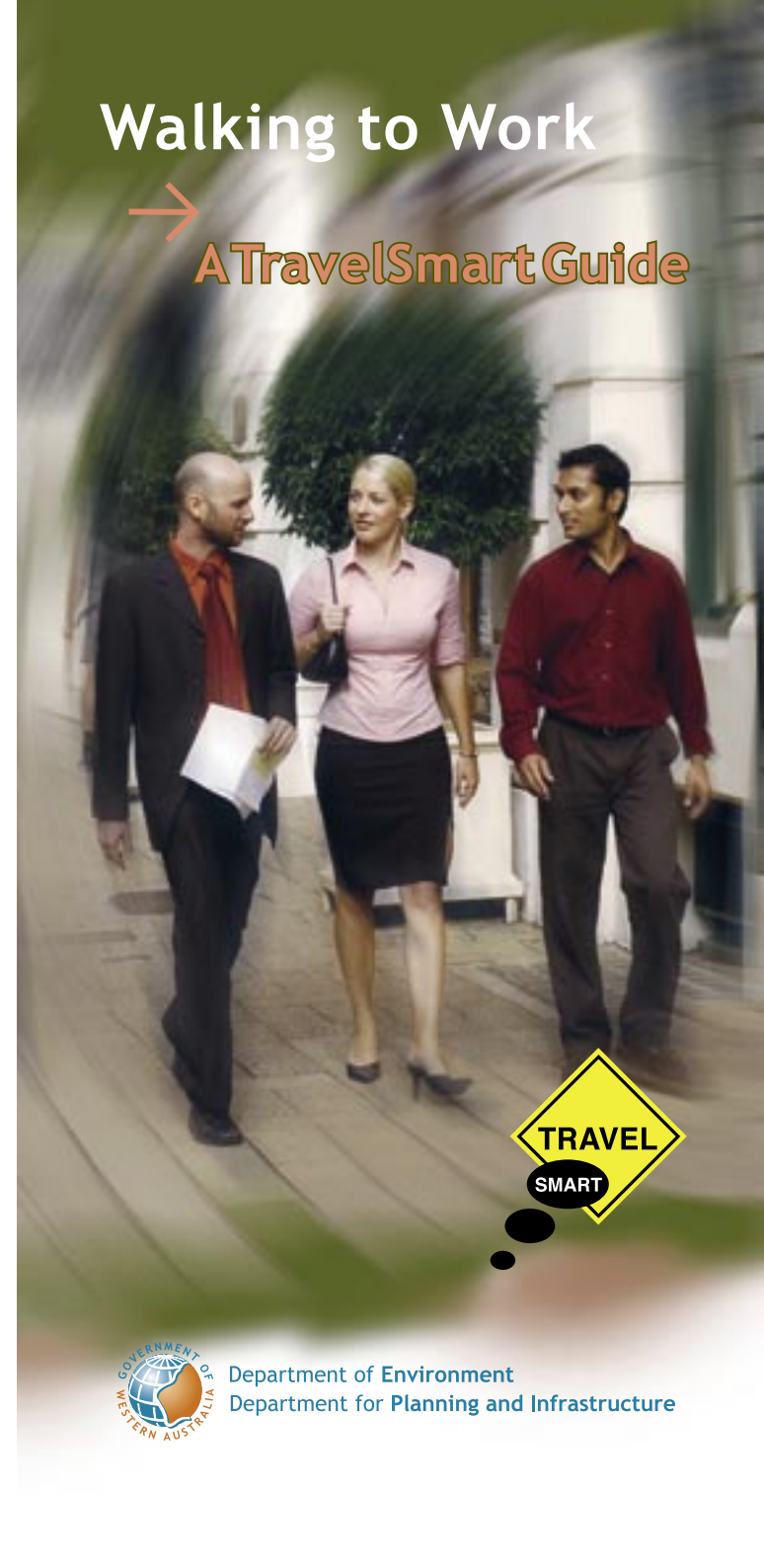
www.dpi.wa.gov.au/travelsmart

TravelSmart Workplace is a partnership between the Department of Environment and the Department for Planning and Infrastructure.

Walking to Work



A TravelSmart Guide



Department of Environment
Department for Planning and Infrastructure

Improving your health, reducing traffic and cutting vehicle emissions are all within your reach... if you can walk to work, to a bus stop or train station or across town to meetings.

More than 65 per cent of central Perth's 85,000 workers arrive by private car each day, and most of these are single occupants. Every day Perth drivers travel the equivalent of 500 times around the world (more than 20 million km) in their cars.



At the same time more than 40 per cent of West Australians are not sufficiently active to gain a health benefit. The proportion of people who are overweight or obese has increased in parallel with increasing car use.

Walking is a practical and inexpensive alternative to the car for trips of less than 2 km (20 minutes walk). Just 30 minutes of moderate-intensity physical activity on most days of the week is needed for good health.

The great news is you don't need to do 30 minutes in one go. Three lots of 10 minutes is just as beneficial, and might be easier to fit into your day. It doesn't need to be vigorous. It just needs to be regular.



Health benefits →

- Improved cardiovascular fitness
- Greatly reduced risk of heart disease and stroke
- Reduced risk of developing diabetes
- Improved blood pressure and cholesterol levels
- Improved strength and fitness and reduced risk of osteoporosis
- Reduction in excess body fat and improved body tone
- Protection against arthritis

If you live further than a few kilometres from work, there is still huge potential to include walking in short work-related trips. For example, walk to/from the bus stop or train station, walk to buy your lunch or to the park to eat, or walk to your next business meeting.



Here are some tips to prepare yourself for any kind of walking: →

Gear Up with:

- comfortable walking shoes;
- lightweight, loose clothing that breathes (natural rather than synthetic) but protects you from the sun;
- a broad-brimmed hat, sun glasses and SPF 30+ sunscreen.

Drink Up by:

- having some water before you go;
- taking a bottle of water with you.

Warm Up by:

- starting slowly;
- working up to a pace which feels as though you are making an effort—but at which you can still carry on a conversation (or whistle or sing!).

