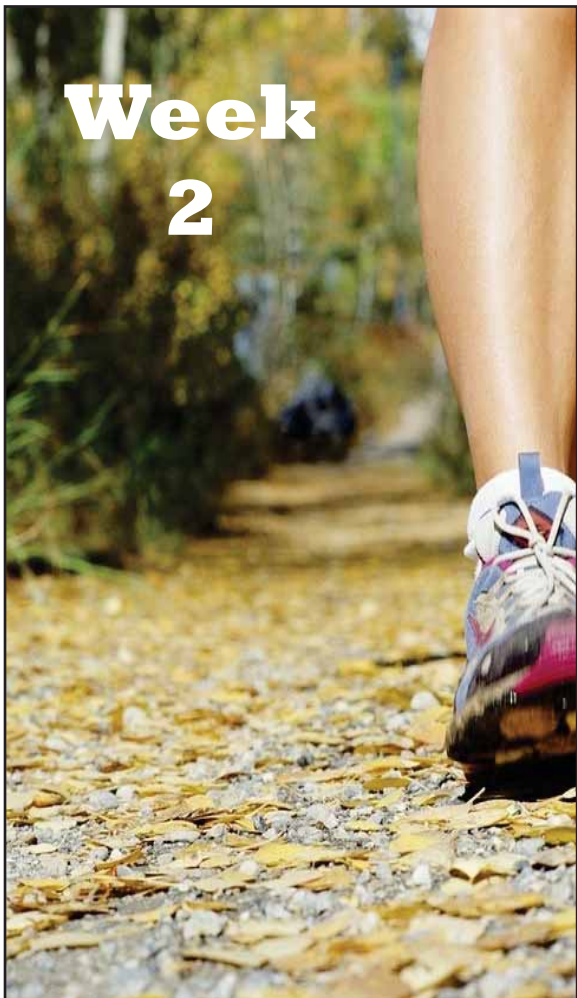




WALK there today

Week 2



2009 Corporate Walking Challenge

Welcome to Week 2 of the Corporate Walking Challenge.

Have you started to feel the benefits of walking more each day? Challenge participant Wendy has - a lot sooner than she originally expected.

"I had heard about some of the benefits people experienced from walking and exercising, you know it's in the news all the time.

"I didn't really think the benefits would happen so quickly. I was amazed at how good I felt only a couple of weeks in.

"I mean I actually feel more alert,

and I have better concentration at work."

Wendy's not alone. Do you know that walking is a great way to increase your physical and mental well-being?

Walking helps to reduce your risk of disease, including heart disease, diabetes and some cancers. It also can improve your sleep quality, lower blood pressure and cholesterol and improve your posture.

It's even a great way to de-stress before, during or after a day at work - walk your way to better health today!

Who's with me?

After one week of walking some of you may be wondering if there is anyone else out there replacing their car trips like yourself. We've interviewed three Corporate Challenge participants to hear their stories.

Challenge Participant: Dan Team: The Stray Cats

Dan walks 7 km from his house to Clarkson Train Station on his way to work -driving to the station daily takes him 50 mins due to traffic and parking time. On foot, he took 1 hr and 15 mins. Is the time difference a concern? "Not at all, it's easy as. I feel more alert and energetic after the walk and I get out to see the neighbourhood and enjoy the weather."

Challenge Participant: Clarah Team: The 6th Floor Champions

Clarah replaces her car trip to work with a walk to Maylands train station.

How long does it take you Clarah? "Well, at my pace it takes about 10 minutes."

Clarah went on to say that she walks to the train station and back home again each day," - that's 20 minutes a day! Great work!

Challenge Participant: Sharon Team: The Perfect Pedestrians

Sharon started off Corporate Challenge by walking the 6km to and from work instead of driving.

6km before work? How does she find the free time in the morning?

"It's all about time management. If you want to find the time to fit it in, you can," she said.

Talk about a well-earned breakfast!

Want to win prizes and be featured in an upcoming newsletter?

Each team member can now win a book voucher of \$20 each. Just submit ONE walking photo of your team members walking together and a short write up of 50 words of the benefits of walking that one of the team members have experienced.

Entries must be emailed to walking@transport.wa.gov.au by 5 pm on Wednesday 28 October 2009.

