



How to Boost Your Steps

10 ways to reach 10,000 steps...

The Department of Transport's **Walk There Today message** aims to encourage West Australians to replace short car trips with more active modes such as walking. Did you know the average person takes only 10 minutes to walk 1km! This makes it very easy to fit walking into your day. This newsletter will answer the question *What can I do to get my step count to the recommended 10,000 steps per day?*

Some suggestions to reach 10,000 steps:

1. Aim to replace at least one short car trip by walking
2. Walk to the local deli/video shop
3. Take the stairs instead of the elevator
4. Go for a walk during your lunch break
5. Park your car further away from work and walk the rest of the way
6. Walk to meetings when possible
7. Go for a walk in the evening after work (or before work for those 'morning people')
8. Rather than taking short-cuts, take a long-cut and get some extra walking in on your way to work
9. Using public transport rather than driving requires more walking and will add to your steps
10. After reading this list go for a walk around your office and pass on some of these useful tips



Ian wearing his pedometer

Case in Point

Car use in Perth ranks among the highest in the world. Did you know that every day, West Australian drivers use their car to travel the equivalent of 875 times around the world?

Prior to beginning the Walking Challenge we asked participant **Ian** what he thought would be the best way for him to boost his step count "Well I wasn't sure until I saw the list of different ways I could build my steps up. I plan on parking my car further away and walking that bit extra. Along with walking during lunch time and down to the local shops I have also set myself some personal goals of getting more fit. I am confident I can reach the 10,000 mark."

PRIZES TO WIN!

If you have some interesting stories regarding your walks, don't be shy, tell us about it and the top 3 walking stories will win a movie ticket!

Email your stories to walking@transport.wa.gov.au by 5 pm on Wednesday 21 October.