



# WALK there today



## Join in a Walk Week event near you

Welcome to week three of the 2009 Corporate Walking Challenge.

Did you know that there are over 60 different walking community events being held in WA during Walk Week?

Attending a local event is a great way to boost your daily steps and increase your physical and mental well-being. It's also a great way to meet other fellow walkers in your neighbourhood.

Some of this year's events include historic walks around the community, free breakfast events and educational nature walks through local parks and reserves.

For a full list of events during Walk Week 2009, visit our website at the Department of Transport.

Most events are suitable for the entire family, so bring everyone along and walk there today together!

## Walk your way through a scavenger hunt in the CBD and win great prizes

Get outside and enjoy Perth's spring weather by participating in the Walk Week scavenger hunt hosted by Transport's Walking Unit and the City of Perth.

When: Monday 2 November 2009, 11am - 2pm

Where: Murray St Mall, near the tourism information booth

At the kiosk you can pick up a scavenger hunt map and begin your quest by walking for 10 minutes around the CBD searching for clues to decode the secret walking message.

Remember: 1km only takes 10 minutes - the scavenger hunt is a great way to increase your daily steps and have a go at winning some great prizes.



### Did you know that....

The majority of engine wear in your car occurs at start up and in the first five minutes of driving. Save your engine and walk for short car trips.

The RAC says that a 2.2ltr car doing 15,000kms per year costs about \$140 a week to run. Walking is free!

## Walker of the week

Luke, one of the Challenge participants, explains how he discovered local trails in his neighbourhood.

"I wanted to do a bit more walking than my usual trips to the shops, so I jumped on the net and had a look at the Walking website. From there I was able to find some walk trails near my home that are really great.

My wife and I are going to join one of the local walking groups in our area so that we can keep up the walking."