



WALK there today

10 ways to keep you walking after the challenge



Welcome to the last week of the Corporate Challenge.

Despite the fact that this week is that last one to record your steps, you can still continue with your walking for many weeks to come.

Here are 10 ways to keep you walking after the challenge:



- 1.) Join a walking group, or start one yourself
- 2.) Get a good pair of walking shoes
- 3.) Find some local walking trails at www.toptrails.com.au
- 4.) Start a 'walk to work' group in your workplace
- 5.) Take public transport
- 6.) If it's raining, take a rain coat
- 7.) If it's hot, try walking earlier in the day or in shaded areas
- 8.) If you get an injury, stop until you are well then build up the walking again
- 9.) If you are too busy, remember the benefits that you can experience, then make the time
- 10.) Tell other people that you are a regular walker, this will reinforce your own motivation to continue



For more information on walking visit the Department of Transport's Walking Website - www.transport.wa.gov.au/walking.

You can also download copies of local TravelSmart maps from the Department of Transport's TravelSmart Website - www.transport.wa.gov.au/travelsmart

Look out for the Final Challenge Newsletter next week to see the results of the Corporate Challenge. Good luck during the last week!

Did you know that....

The World Record for the men's 5000m walk is held by Russian Mikhail Shchennikov in a time of 18 minutes and 7 seconds. This works out to be an average speed of 16km/hr!

The women's 3000m walk record is held by Romanian Claudia Stef in a time of 11 minutes and 40 seconds -- an average speed of about 15km/hr!

Walker of the week

Corporate Challenge participant Karen helped to start a walking lunch group at her workplace, aiming to help everyone keep on track.

"It really is amazing the little ways in which I have been able to fit walking into my day. The benefits just get better and better each week. Now that I have found some walks around where I work I will be able to keep it up," Karen said.