



FREE 2009 – 2010 Walking Guide Booklet

The Western Australia 2009 – 2010 *Walking Guide* encourages walking for health, recreation, transport and the environment. With over 60 pages of information, the Guide is a great resource to support walking in your community all year round.

The Walking Guide 2009 – 2010 includes:

- Benefits of walking
- WA's Top 10 Walks
- How to fit more walking into your day
- Heart Foundation Walking group contacts from across WA and lots more!

The Walking Guides can be displayed and distributed by your local libraries, community and recreation centres, council office or health services.

To receive copies of the Walking Guide 2009 – 2010 fax this completed order form to the Heart Foundation (08) 9388 3383

Contact Person: _____ Position: _____

Organisation: _____

Address: _____

Postcode: _____ E-mail: _____

Phone: _____ Fax: _____

Number of Walking Guides (max 50): _____

How will the Guides be distributed: _____

For more information visit www.transport.wa.gov.au/walking or contact the Heart Foundation via email: julie.dolan@heartfoundation.org.au