



# Walk towards a healthier heart

with Australia's largest free walking program



Heart Foundation Walking encourages people to walk more and offers support, ongoing information and advice about how to keep active.

**Scan the below code or call 13 11 12 to find out more.**



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## Walking regularly will help:

- reduce your risk of heart disease, stroke and developing some cancers.
- manage weight, blood pressure and blood cholesterol.
- prevent and control diabetes.
- maintain your bone density, reducing your risk of osteoporosis and fractures.
- improve balance and coordination, reducing your risk of falls and other injuries.
- improve your daily mood which ultimately leads to better mental health.

## Join a walking group

Walking with the Heart Foundation is a great way to make new friends and build connections within your community.

## Get your Personal Walking Plan

We have created Personal Walking Plans to help you be active, healthier, and happier in just six weeks.

Find a walking group near you or get your  
Personal Walking Plan today at  
[walking.heartfoundation.org.au](http://walking.heartfoundation.org.au)

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