

# WALKTOBER

walking changes your world

1 October  
31 October  
2009

A step in the right direction!

## There are so many good reasons to walk:

- › It's a safe way to a healthier life
- › It's free
- › It's a far more sociable way of travelling
- › You can do it anywhere and at any time
- › You don't need any special equipment — just a pair of shoes

We want to encourage more people to walk — all ages, be it fast or slow, on your own or with a group, for travel, for exercise, leisure or for pleasure.

Walktober is a terrific platform for promoting walking and its benefits — for health, transport, recreation and the environment. Last year Walktober had over 500 events and 90,000 people around the state participating. This is Walktober's fourth year and we are hoping even more people will get involved!

## YOU can be part of Walktober!

### Join the Walktober Community Challenge

Walktober is stirring up a bit of friendly rivalry with a light-hearted competition between local council areas. When you register your event online with Walktober, you will automatically be entered in the Community Challenge. The Challenge is to 'set the pace' and have the most events registered, within your council area, during Walktober.

- › If you are organising a walk during October link it with Walktober. Simply tag your event with the Walktober logo and register it with the Walktober website.
- › Or, your group could organise a walk during October — there are lots of activity ideas, and a whole month to get your event underway — a Twilight Walk to herald the start of daylight saving, 10,000 Steps, a Silver Sneakers seniors walk or a pram walk for new mums.
- › Visit the Walktober website for some ideas and resources to help you and your organisation get people walking and have some fun!

[www.walktober.com.au](http://www.walktober.com.au)

Or contact Robyn Alexander at Kinect Australia on 8320-0102 or via email [ralexander@kinectaustralia.org.au](mailto:ralexander@kinectaustralia.org.au)



  
**Kinect Australia**  
active living for healthier communities

 **VicHealth**

BE PART OF WALKTOBER 2009 and help your community take a step in the right direction.  
[www.walktober.com.au](http://www.walktober.com.au)