

# get walking tasmania

## OCTOBER is Walktober

**You can take the first step to good health for your community or workplace - register your Get Walking Tasmania event now!**

Walking, it's fun, free and friendly! To demonstrate this why not organise walking event to get your community or workplace walking this October?

Some ideas for your Get Walking Tasmania event are to:

- Coordinate a lunchtime walk with friends and workmates
- Register your Walk to Work Day event
- Look for a long term benefit - start a Heart Foundation Walking group that walks each week in your area - it's a free program with great incentives!
- Conducting a 10 000 steps challenge by wearing a pedometer and encourage your participants to meet the recommended amount of steps for good health each day
- Organise a dog walk with family, friends and colleagues
- Leading a bushwalk or historic walk in your local area
- Organising a family/social day for your friends, colleagues and community with a walk and healthy BBQ or morning/afternoon tea

Visit the webpage for more great event ideas, resources and links to walking track and trails in your area.

Registered Get Walking Tasmania event organisers will receive a kit including a free t- shirt, information pack, giveaways and Certificate of Appreciation.



### REGISTERING YOUR EVENT IS SIMPLE:

1. Visit [www.getwalking.tas.gov.au](http://www.getwalking.tas.gov.au)
2. Click on "Community registration and information" and then fill out the registration form.
3. Press Submit. You will receive a confirmation email and a kit will be sent to you prior to Get Walking Tasmania month.

If you would like a copy of the entry form faxed or mailed to you please contact the Get Walking Tasmania month coordinator Shannon Anis on 6336 5119 or email [Shannon.Anis@heartfoundation.org.au](mailto:Shannon.Anis@heartfoundation.org.au) for more information.

**Get Walking Tasmania:**  
*Let's all WALK towards improving the health of Tasmanians*

*Get Walking Tasmania month is a state-wide initiative of the Premier's Physical Activity Council and is coordinated by the Heart Foundation with the support of Department of Health and Human Services, Sport and Recreation Tasmania, The Department of Economic Development, Tourism and the Arts, Tasmanian Association of Community Houses, Glenorchy City Council, Australian Council of Health, Physical Education and Recreation (ACHPER), Healthy Community Project and Health West. PROUDLY SPONSORED IN 2010 BY IGA.*