Benefits of being active

Choosing to move more across the day can really pay off. Participating in regular physical activity can help to:

- Boost energy levels and improve mood
- Help to maintain a healthy weight
- Provide time with friends and family
- Improve sleep
- Lower rates of heart disease, high blood pressure, stroke and diabetes

Walking tips

1. Make walking part of your every day.
Choose a regular time and an activity that you enjoy and believe that you can turn into a habit:

- Walking your dog
- Walking with a friend and/or family member
- Taking the stairs instead of a lift
- Parking the car further away

If you are new to physical activity, it's best to start slowly, increasing the intensity and length of your workout as you go. You will see noticeable improvement within a few weeks if you are consistent.

2. Set yourself goals and make a plan.
Have a target in mind and set yourself goals. For example, plan on walking your favourite circuit 3 times a week.

3. Remember how good you will feel after being physical active.
We all have days where we don't feel like doing any physical activity, but before you decide to skip, think of how you will feel if you do the activity and then think of how you will feel if you don't do the activity.

Counting your steps

The goal of 10,000 steps per day is the recommended target for healthy adults. This goal encourages the accumulation of incidental activity throughout the whole day.

The 10,000 Steps Project encourages you to track your steps by using a pedometer, activity tracker or smart phone application. You may also record them on the 10,000 Steps website (www.10000steps.org.au) or a paper log to maintain motivation to reach your target.

Walking checklist

- Wear comfortable shoes
- Wear light coloured clothing, hat, sunglasses and sunscreen
- Walk in the morning or evening to avoid the heat of the day
- Drink plenty of water
- Walk at a moderate pace (can talk but not sing)
- Wear pedometer or activity tracker to make every step count!

Keep our paths safe

Please report paths that are in need of repair to the Rockhampton Regional Council. Phone 4932 9000 or email enquiries@rrc.qld.gov.au. Alternatively, lodge your request using e-services at www.rrc.qld.gov.au.

Heart Foundation Walking

Australia's largest FREE community-based walking network!

Heart Foundation Walking makes regular physical activity enjoyable and social. Walking groups are many sizes and walk at various times, distances, days and levels of difficulty.

Heart Foundation Walking

To join Heart Foundation Walking simply visit: walking.heartfoundation.org.au or call 1300 36 27 87.

Contact details

This brochure has been developed by the Rockhampton Regional Council with assistance from the 10,000 Steps Project.

kickstartcq Health & Wellbeing for our Community

Rockhampton Regional Council

This brochure has been printed on 60% recycled paper.

10,000 STEPS

10,000 Steps Community Walkways

Many people can reach 10,000 steps a day by adding in a 30 minute walk to their everyday activities!



Every step counts.

www.10000steps.org.au

CQUniversity AUSTRALIA

Healthier. Happier.

Queensland Government

Every step counts.

www.10000steps.org.au

Walkways in Rockhampton Region

Map Key: Start / Finish · Walkway · Parking · Playground

Our distance markers will guide your walk. Walks differ in distance as the average step varies from 0.6-0.8 metres.

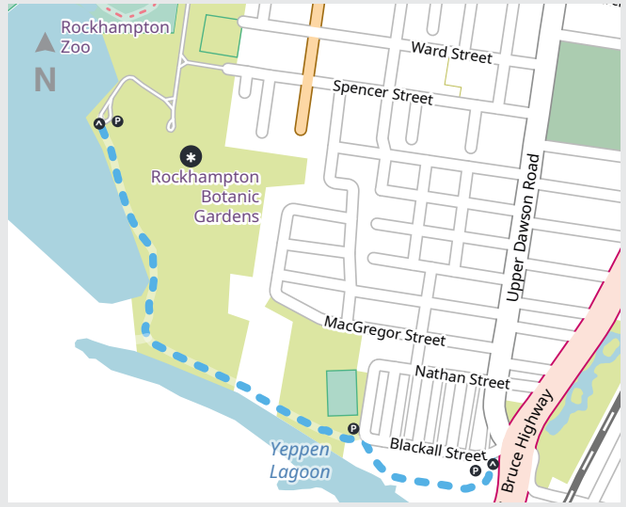
ROCKHAMPTON | Victoria Parade

1,476 steps / 1.2 kilometres / 14 minutes (one way)



THE RANGE | Yeppen Lagoon

2,208 steps / 1.5 kilometres / 18 minutes (one way)



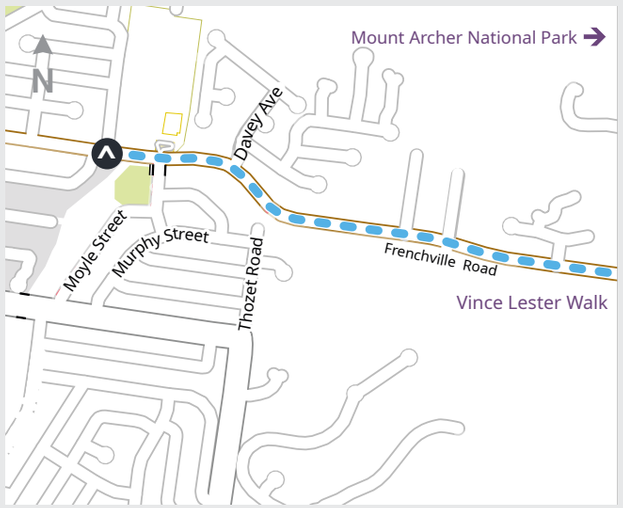
BERSERKER | Berserker Street

6,574 steps / 5.4 kilometres / 64 minutes (entire network)



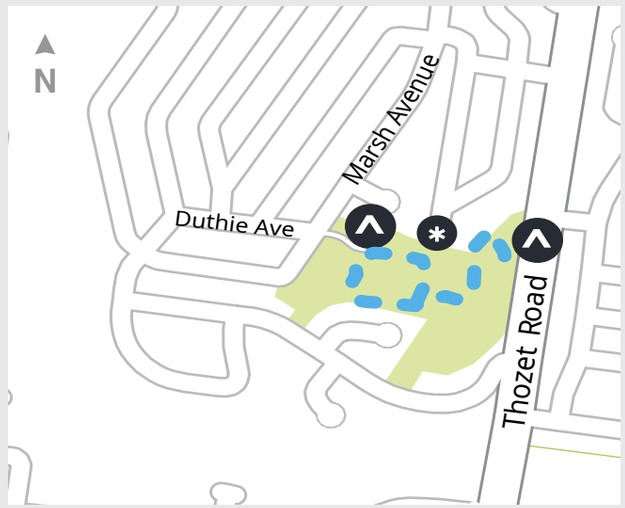
FRENCHVILLE | Vince Lester Walk

3,121 steps / 2.6 kilometres / 32 minutes (one way)



FRENCHVILLE | Duthie Park

900 steps / 750 metres / 9 minutes (circuit)



10,000 STEPS IN YOUR AREA

Visit the Rockhampton Regional Council website to find the following 10,000 Steps tracks in your area.

ALLENSTOWN | Canning Street
6,056 steps / 5 km / 58 minutes (entire path network)

GRACEMERE | Breakspear Street
2,158 steps / 1.8 km / 24 minutes (one way)

KAWANA |Yaamba Road
6,684 steps / 5.5 km / 62 minutes (entire path network)

LAKES CREEK | Paterson Street
1,363 steps / 1.1 km / 13 minutes (one way)

MOUNT MORGAN | James Street
2,160 steps, 1.8 km / 24 mintues (one way)

WANDAL | Campbell Street
1,588 steps / 1.3 km / 16 minutes (one way)