

Heart Foundation Walking

Heart Foundation Walking is a fun, social and easy way to be active and best of all it's FREE!

It is Australia's largest network of community-based walking groups with over 16,000 active members. Groups are led by volunteer Walk Organisers and we have new groups starting every week.

For more information or to find a group near you contact **Rockhampton Regional Council's Sport and Recreation Unit** 1300 22 55 77.

Food Label Workshops

The Capricornia Division of General Practice is now offering free Food Label Reading Workshops.

The workshops are conducted by the Community Nutritionist and will be held at the division's office in Rockhampton, at the Yeppoon Hospital or at a venue suitable to the group. The main focus of the workshops will be understanding how to read food labels and what they mean, to help participants make more informed choices to improve their health and wellbeing.

For more information or to request a workshop, please call 4921 7777.

- develop a healthy attitude to eating
- prepare and enjoy healthy food
- incorporate physical activity in their daily life
- manage stress
- learn healthy methods of weight control
- make long-term behaviour changes to support a healthy lifestyle.

Lighten Up to a Healthier Lifestyle is a group based program designed to:

Lighten Up

About the Maps

Rockhampton Regional Council with the support of Queensland Government have created maps of the Region to encourage active transport and physical activity.

Maps are available for:

- North Rockhampton
- South Rockhampton
- Yeppoon
- Emu Park and Zilzie
- Gracemere and Mt Morgan



Queensland Government **10,000 STEPS** **SWAP IT DON'T STOP IT**

Rockhampton Regional Council

Call us on telephone **1300 22 55 77**
Visit us online at Rockhampton Regional Council's website
www.rockhamptonregion.qld.gov.au

In Motion

South Rockhampton

All the information you need to get active!



If you would like more information on Living Strong or Lighten Up programs please call 4920 6900.

Living Strong is a group based healthy lifestyle program...
...for Aboriginal & Torres Strait Islander communities. It is about helping people to make long term lifestyle changes, like choosing healthier food and drinks and being more physically active.

Living Strong

The Queensland Government provided Rockhampton Regional Council funds to develop multi-lingual maps, under the Sport & Recreation Active Inclusion Program to get more Queenslanders active through sport and recreation. Additional funding was provided by the Australian Government under the Swap It, Don't Stop It campaign.

Queensland Government **SWAP IT DON'T STOP IT**

- ✓ Ensure you have comfortable walking shoes
- ✓ Wear a broad brimmed hat and apply sunscreen
- ✓ During summer plan to walk early in the morning or later in the evening to avoid the heat of the day
- ✓ Drink plenty of water
- ✓ If you have chest discomfort or pain while being active stop immediately and seek medical advice

Walking Checklist

If you would like to register for the free Kickstart Q newsletter, which is packed full of free or low cost activities and events and information on health and wellbeing contact **Rockhampton Regional Council** on 1300 22 55 77.

Kickstart Q is an initiative of Rockhampton Regional Council... aimed at improving the health and wellbeing of our community. Kickstart Q has a comprehensive website www.kickstartcq.com.au highlighting upcoming activities, health information and databases for community and sport and recreation groups in the Region.

Kickstart Q Health & Wellbeing for our Community

Kickstart Q

10,000 Steps Pedometers are available through the Library Loan Scheme and can be found at a library near you.

The 10,000 Steps project aims to increase the day-to-day activity of Australians... by encouraging them to use a step-counting pedometer to accumulate "incidental" physical activity as part of their everyday living. Significant health and wellbeing benefits can be made simply by moving more every day and 10,000 Steps is able to provide support, free resources and information to individuals and workplaces. The project has been successful in motivating local communities, workplaces and individuals to increase their physical activity levels.

10,000 Steps



Rockhampton Clay Target Club
Peace International Archery Club



Legend

-  Dog Off Leash Areas
-  Playground
-  Child Care
-  Education Facility
-  Retirement Village
-  Swimming Pool
-  Shopping Centre
-  Ambulance
-  Hospital
-  Police
- Bus Stops
-  10,000 Steps
-  Pathways
-  Railway
-  Dept of Transport & Main Roads
-  Council Roads
-  Regional Parks



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