



HUON VALLEY COUNCIL

MEDIA RELEASE

27 April 2018

Walking for your 'ticker' during Heart Week

The feet will be hitting the pavement tomorrow when walkers from the Huon Valley take part in the Heart Foundation's 'FEET THUMPING-HEART PUMPING' initiative in Sorell.

Walking groups from around Southern Tasmania are meeting to take part in the Heart Week event including groups from Huonville, Cygnet and Geeveston in the Huon Valley.

They'll be taking part in a walk around Sorell, followed by a light morning tea and a mini health expo, organised by the Tasmanian Health Service.

Council Commissioner Adriana Taylor said that the tremendous benefits of walking have been known for years.

"We know that 15 minutes of walking a day can change your body. Regular walking helps maintain a healthy weight, can prevent or manage conditions like heart disease, high blood pressure and type 2 Diabetes, and can strengthen our muscles and bones.

"This is in addition to improving your mood, balance and coordination, not to mention the social benefits of meeting others regularly.

"I congratulate the Heart Foundation for their initiative and look forward to hearing back from the Huon Valley walking groups about the day," Commissioner Taylor said.

For more information
Adriana Taylor
Huon Valley Council Commissioner
PH: (03) 6264 0300

Contact: Communications & Media Unit, Huon Valley Council - Ph: (03) 6264 0314

Email: communications@huonvalley.tas.gov.au - Web: www.huonvalley.tas.gov.au

Facebook www.facebook.com/HuonValley