

MEDIA RELEASE

Walking The Walk

25 February, 2015

Several local workplaces are putting their 'best foot forward' and getting their staff up and moving in anticipation of Vic Walks 'Walk the Block' to be held on 19 March 2015.

Twice a week staff from six different businesses get up and step away from their desks, counters and workrooms and walk together around the block from 9th Street – Lime Ave – 10th Street – Pine Ave. Healthy Together Mildura, Health Promotion Officer Sarah Carn said she, "started this regular walk to get to know people in the businesses surrounding her own workplace".

"It started with just a few businesses." Ms Carn said "I support businesses with the Healthy Together Workplace Achievement Program, so I am always looking for a way to get people onto their feet and moving. I suggested at a few places we go for a morning walk and slowly more businesses joined in."

"It only takes 7 minutes to Walk the Block, and it's a great chance to take a break, stretch your legs, have a chat, or even do a little networking."

There are a number of physical benefits associated with regular exercise:

- Improved cardiovascular fitness
- Reduced risk of premature death
- Reduced cholesterol levels and blood pressure
- Maintenance of a healthy weight and improved muscle tone
- Improved mental health and wellbeing.

"There are also benefits for workplaces that support healthy active staff," Sarah Carn said.

"Internationally studies show employers who actively encourage physical activity report reduced absenteeism, increased productivity, decreased accidents, reduced staff turnover, higher staff moral and improved ability to cope with workplace changes," Ms Carn said.

"Walk the Block is a great way to engage your staff. This is one of the many ways we are supporting workplaces within the Achievement Program."

The official State wide Victoria Walks 'Walk the Block' will be held in Mildura on 19 March 2015. Workplaces can map their own route or joint the group meeting at 9.30am on the corner of 9th Street and Lime Avenue in front of Australia Post, morning tea to follow at Ristretto Bar and Café (Coffex) 89 Lime Avenue. To register to participate in this free event and enter the draw to win various prizes, visit <http://healthytogethertomildura.com.au/workplaces>



Healthy Together Mildura is funded by the Victorian Government and is a partnership between Mildura Rural City Council and Sunraysia Community Health Services.

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