



MEDIA RELEASE

Walk This Way With The Etiwanda Wetlands Walkers!

31 March 2015

Joining a Heart Foundation Walking Group is a great way to have fun, meet new people and look after your health. Mildura residents now have another opportunity to get out and get active, through joining the recently established Heart Foundation Etiwanda Wetlands Walkers. As of mid-March, the Etiwanda Wetlands Walkers meet and walk regularly on Tuesdays at 8.30am at the Etiwanda Wetlands Car Park/Information Bay, off the Etiwanda Avenue extension over Seventh Street.

The Heart Foundation's National CEO, Mary Barry, said the charity's flagship program, Heart Foundation Walking, aims to recruit thousands of walkers in 2015 to help Australian's live more active, healthier lives.

"Walking for just 30 minutes a day can help you maintain a healthy weight, increase fitness and strength, improve your self-esteem and mental health, and cut your risk of heart disease by as much as 30 per cent," Ms Barry said.

Local Heart Foundation Area Coordinator, Mrs Louise Tarrant, said that the newly established walking group also provided local residents with an opportunity to get out and explore the local area.

"Etiwanda Wetlands is a lovely area, and now the cooler weather has arrived it is the perfect time to get outdoors, go for a leisurely walk with a group of people and explore our local environment," Mrs Tarrant said.

Heart Foundation Walking groups are coordinated locally by Health Together Mildura. For further information and details about the Etiwanda Wetlands Walk, or any other local Heart Foundation Walking Groups, please contact Mrs Louise Tarrant, Active Communities Officer, Healthy Together Mildura on 5025 9627.

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