



MEDIA RELEASE

Move It Mildura!

Heart Week 2015: Sunday 3 May – Saturday 9 May

5 May, 2015

Healthy Together Mildura is urging locals to get up out of their chairs and get moving for Heart Week. Physical inactivity is a leading contributor to the burden of chronic disease in Australia, with an estimated total cost to the health budget of \$1.5 billion. Approximately one third of adults in the Mildura Local Government Area are not sufficiently physically active for good health.

Healthy Together Mildura Active Communities Officer Louise Tarrant said, “Being active every day, even in small ways like taking a walk at lunchtime or taking regular breaks from sitting at work, is a great way of improving overall health and well-being. Walking in particular, is a perfect way to improve your heart health in a friendly and social environment.”

Local residents are invited to take part in scenic walk along the mighty Murray River and wear as much red as possible in celebration of Heart Week. This year, Heart Foundation Walking (HFW) is celebrating its 20th Anniversary, with the first walking groups having hit the pavement back in 1995.

The event is in step with Heart Foundation celebrations being held nationwide to support the Heart Foundation’s campaign about physical inactivity and the call for all Australian’s to “Move More, Sit Less”.

Event Details

When: Friday 8 May, 2015

Where: Jaycee Park, Hugh King Drive, Mildura
Meet at the Jaycee Park BBQ,

Time: Registration from 8.15 am. Event begins at 8:30 am

Contact: Louise Tarrant – Active Communities Officer, Healthy Together Mildura
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Media enquiries to:

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