

# Walkabout Today



**H**ave you had your walk today? If not, you're missing some outstanding health benefits, including:

### ***Enhanced mental alertness***

Several studies show regular exercisers have better memories, reaction times, and concentration.

### ***Slower aging process***

Aerobic fitness and muscle tone decline at a much lower rate in regular exercisers.

### ***Less stress and anxiety***

Hormones and chemicals that build up during high stress periods are reduced when you exercise. Most people report a calming emotional and physical relaxation response for 1-2 hours following an especially vigorous walk.

### ***Higher "good" (HDL) cholesterol***

A higher HDL means a lower risk of heart disease - for every 1 % increase there's a 2%3% decrease in risk.

### ***Reduced heart disease risk***

Walking is one of the best activities for heart health you'll find - you can cut your risk in half with regular, vigorous walks.

### ***Increased self-image***

Walking heightens your sense of well-being, self-esteem, and personal value.

### ***Decreased cancer risk***

Some cancers - including colon, breast, and cancers of the female reproductive organs - develop less often in regular exercisers.

## **Hitting Your Stride**

Try to walk each day as long and as fast as you comfortably can. When starting out, you may be unsure of the right distance and pace. Try this routine for your first 2-3 walks:

- Find a defined "loop." A high school track works best, but any short course that takes you in a circle will do.
- Warm up for 1 lap at a moderate pace (you should be able to whistle or sing as you normally would).
- Time yourself as you begin walking at what feels like a good workout pace (as fast as you comfortably can). You should be able to carry on a conversation without gasping for breath, but singing or whistling is more difficult.
- Walk as long as you can at that pace and count the laps.
- Check the time when you finish and determine how far you've gone - 4 laps around most high school tracks equal about 1 mile.

After 3 walks you'll be confident in your ability to judge pace and distance and can set out on new courses. Use a car or bike odometer to measure distances in the area you plan to walk. If you find you're tiring less than 15 minutes into your walk, slow down and try to walk longer.

### ***Emotional, psychological boost***

15-30 minutes of walking at least every other day can lift your mood and ward off depression.

### ***Better sleep***

Researchers find that exercisers, including regular walkers, fall asleep more quickly, sleep more soundly, and are more refreshed in the morning.

### ***Improved quality of life***

You'll have more energy and stamina as well as an overall better outlook on life if you're a consistent walker.

# Walkabout



## What is a Walkabout

A 6-week program to help you get fit and have fun as you walk your way around the land of kangaroos and koalas, red rocks and eucalyptus trees – Australia. You'll pass through 5 states and make stops in Adelaide, Melbourne, Sydney, Brisbane, Darwin and Perth.

## How does Walkabout work?

A log form of Australia tracks your progress along the 8400 – mile route that follows a coastline of tranquil bays, wonderful beaches, rocky outcrops, and dramatic sheer cliffs. Along the way, you'll learn about this culture of this magnificent continent.

## Who can participate?

Everyone! We've designed *Walkabout* so

both novice and advanced walkers will be challenged by the trek. Our contest, games, and other features make the experience even more fun. We've also included a partner component so you don't have to go it alone.

## What are the benefits of participating in Walkabout?

Besides improved health and fitness, you'll earn great incentives. See the registration from below for more details.

## How can I get started?

To head down under and begin your way to health and fitness, complete the registration form. Your Walkabout coordinator will give you all the materials you need to get going.

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## Walkabout Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ T-Shirt Size: L XL

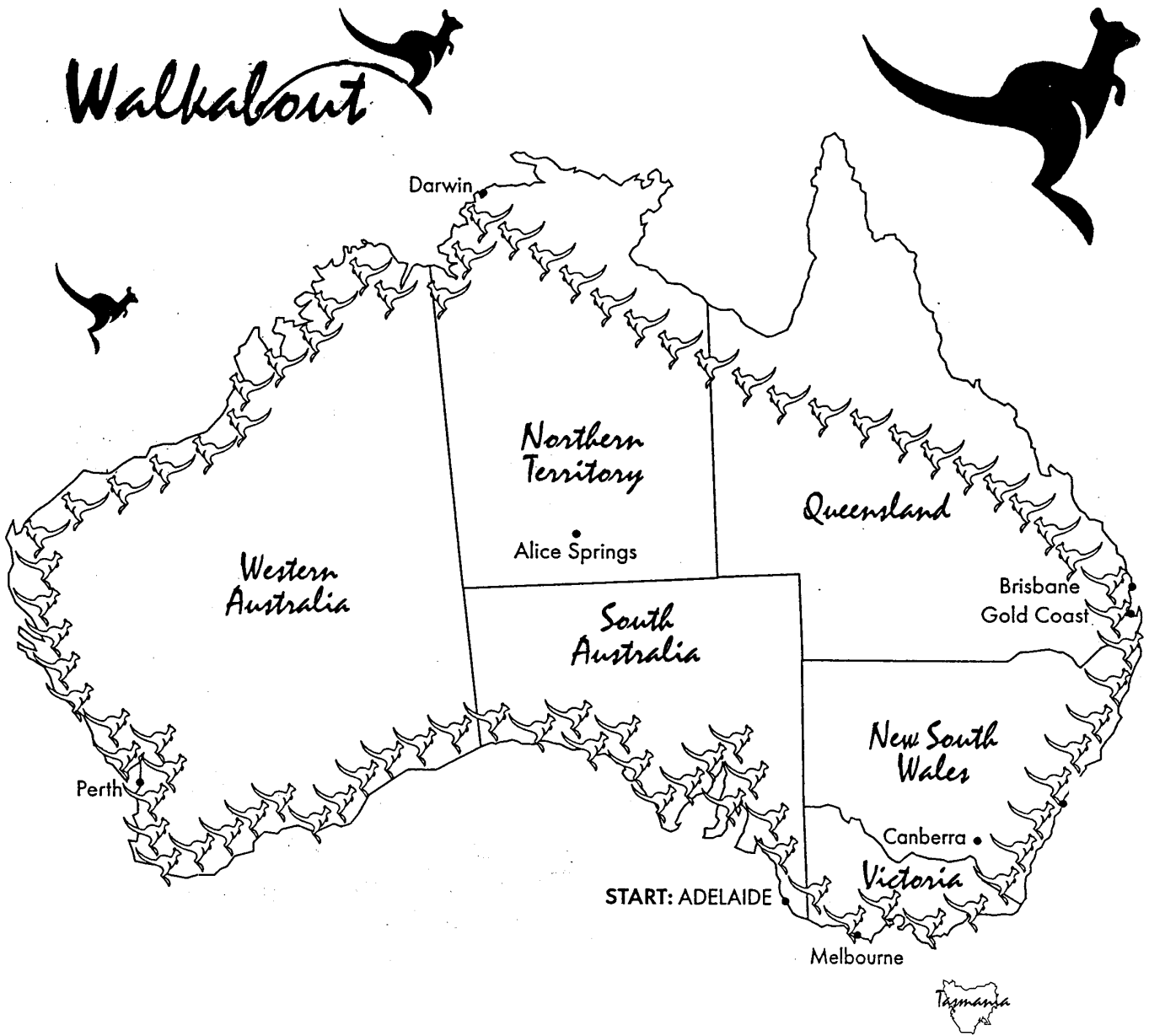
When it comes to increasing or maintaining a consistent exercise routine, I am:

Not yet ready to change     Thinking about changing     Ready to change  
 Making Changes now     On track

Registration deadline:

Return your completed registration form to:

# Walkabout



## Personal Log

### Instructions

Starting at the capital, Adelaide, track your exercise minutes by shading the kangaroos (1 Kangaroo = 15 minutes of walking and 200 miles around the continent – a total of 8400 miles).

### Completing

Trivia question	=	1 Kangaroo
Word Search	=	1 Kangaroo
Aussie Match	=	2 Kangaroo
Geography	=	2 Kangaroo