

10,000 steps daily* is considered the amount of activity necessary to maintain good physical health. Unless you have a very physically active lifestyle, most of us don't manage to walk 10,000 steps each day. The current recommendation for adults is **150 minutes** or **5 lots of 30 minutes** of moderately intense physical activity each week. **Are you getting your share each week?**

To extract the most out of this activity, you should be able to talk while walking but not have enough breath to whistle. This means you are walking fast enough to benefit your health. You can improve your cardiovascular fitness by challenging yourself to walk the trail in a shorter time. Walking with a friend, partner or family member is great fun and a wonderful time to catch up. Walking with other people encourages and motivates everyone to continue; it's harder to back out when someone is waiting for you! Try taking the dog, most dogs never say no to a walk!

Research confirms that it is never too late to start to be active.

Regular exercise can:

- help prevent heart disease
- reduce the risk of developing Type 2 diabetes and some cancers
- help build and maintain healthy bones, muscles and joints, thereby reducing injury risks
- promote psychological well-being.

If you have been inactive and want to start a physical activity program, the Heart Foundation recommends that you consult your doctor if you:

- are a male over 35 years, or female over 45
- are pregnant
- experience chest pain, shortness of breath or dizziness
- have a chronic health problem e.g. heart disease, diabetes
- smoke, are overweight, have high blood pressure, high blood cholesterol or an irregular heart rhythm.

*10,000 steps = approximately 7.5 kms - but as step length varies, the distances are approximate only.

Fuel Economy

For the average person, the following approximate walking times are needed to burn the calories of:

- 1 glass of water: 0 minutes (no calories)
- 1 medium apple: 15 minutes
- 1 multigrain Vegemite[®] & margarine sandwich: 40 minutes
- 1 Ferrero Rocher[®]: 18 minutes
- 1 can of Coke[®]: 38 minutes
- 2 Tim Tam[®] biscuits: 45 minutes
- 1 meat pie: 1 hour and 50 minutes
- 1 large Big Mac[®] meal: over 4 hours

General Safety Hints

- **Avoid extreme weather. Remember to slip, slop, slap.**
- **Carry water in warm weather.**
- **If concerned, carry a mobile for emergencies**
- **Wear clothing and shoes suited to the weather and the activity. Shoes should be properly fitted with flexible or shock-absorbing soles.**
- **Start slow and at a low level. Build up gradually over a few weeks.**
- **Avoid physical activity straight after meals, alcohol, and if you have an illness such as a cold.**
- **Don't overdo it. If you do, you could become exhausted, injure yourself and even lose interest.**

Modified from **Heart Foundation: Physical Activity** pamphlet.

Participants walking the 10,000 steps trails do so at their own risk.

This pamphlet is brought to you courtesy of Barossa Health, Barossa Division of General Practice, Mid-Murray Council, Swan Reach Area School students and community members.

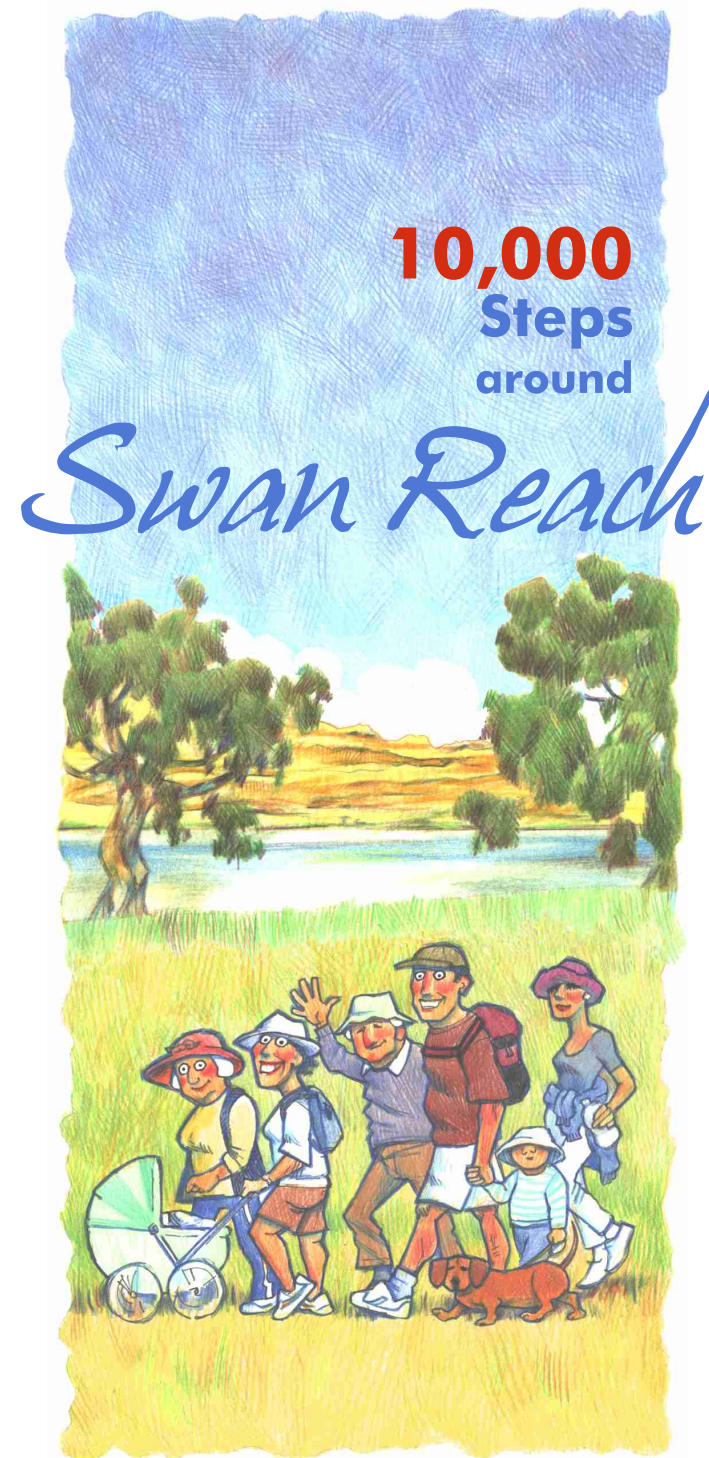
For further information contact **Barossa Health on 8563 8500.**

For extra information on activity and nutrition, see the following websites:

www.lifebeinit.org
www.nutritionaustralia.org
www.betterhealthchannel.vic.org.au




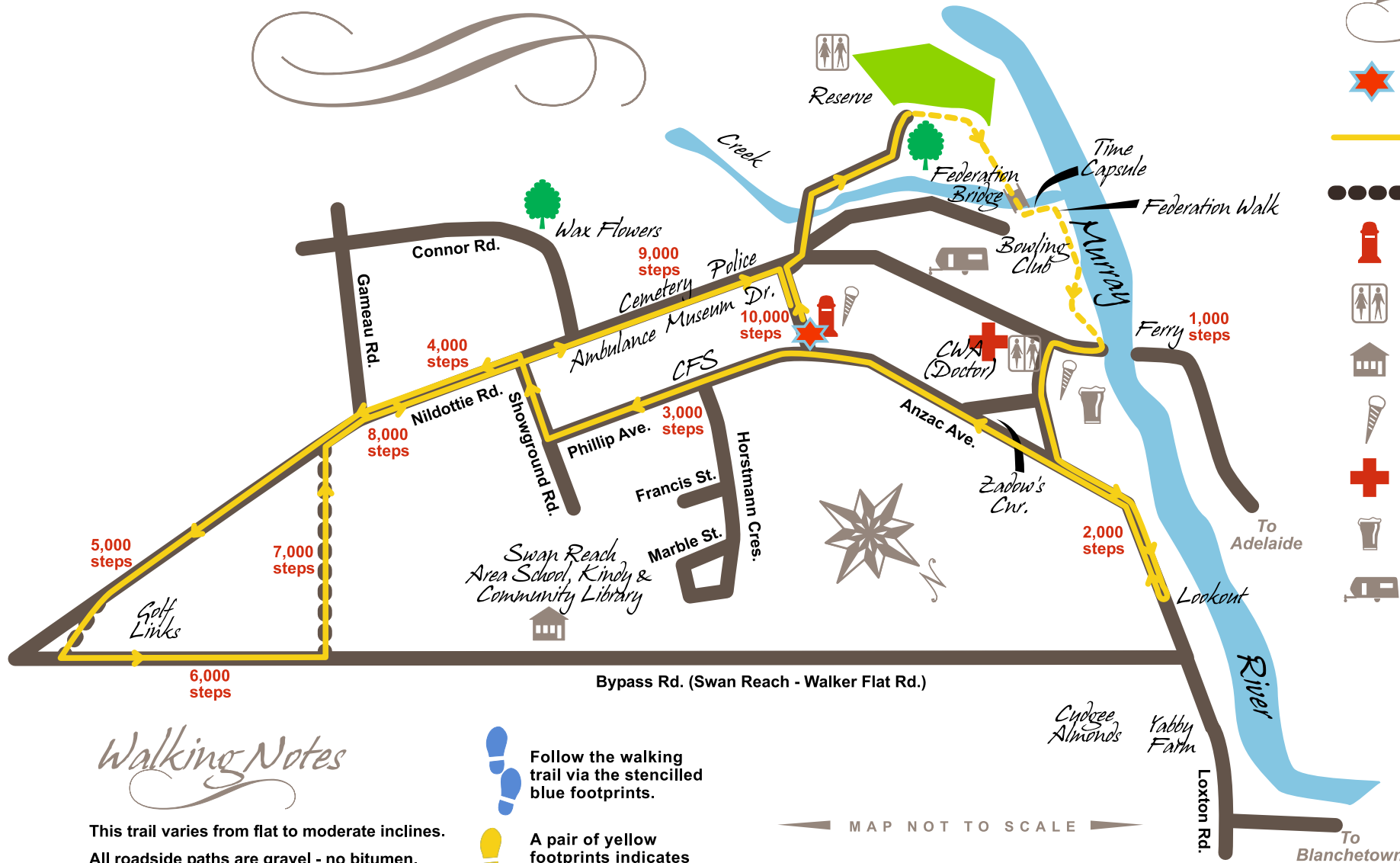
Government of South Australia
Barossa Health



Swan Reach

Legend

-  Start of Walk
-  Walking Trail
-  Gravel Road
-  Post Office
-  Toilets
-  Primary School
-  General Store
-  Hospital
-  Swan Reach Hotel
-  Caravan Park



Walking Notes

This trail varies from flat to moderate inclines.
All roadside paths are gravel - no bitumen.

-  Follow the walking trail via the stencilled blue footprints.
-  A pair of yellow footprints indicates 1,000 step increments.

MAP NOT TO SCALE