



Jillian Skinner
Minister for Health

MEDIA RELEASE

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GET PHYSICAL ON WALK TO WORK DAY

Health Minister Jillian Skinner has called on people across NSW to take the healthy option and walk to work this Friday.

Walk to Work Day - which is now in its 17th year - raises money for Diabetes Australia by promoting regular walking as a healthy activity aimed at reducing the incidence of diabetes.

Mrs Skinner said just 55.2 per cent of NSW adults reported achieving the recommended levels of physical activity (59.9 per cent of males and 50.7 per cent of females) in the 2014 NSW Population Health Survey.

“Increasing physical activity is crucial, especially given more than 50 per cent of adults and more than 20 per cent of children in NSW are now overweight or obese,” she said.

“Walking costs us nothing but delivers so many benefits in terms of our physical health and mental wellbeing.

“So this Friday, November 13, why not consider getting off the bus or train a stop earlier and walking. If you must drive, try parking the car at least a kilometre away from work and walking the rest of the way.

“And once you arrive at work, why not use the stairs rather than escalators or a lift where possible, or take a stroll at lunchtime. Every little bit counts.”

Sports Minister Stuart Ayres said Walk to Work Day provides a great opportunity to get active and raise awareness for Diabetes Australia.

“It’s the time of year we are all looking to shape up for summer and that can start by simply walking more. Walking is such an easy thing to incorporate into your daily routine, so put on some comfy shoes, get out in the fresh air and enjoy Walk to Work Day,” he said.

To support and participate in Diabetes Australia Walk to Work Day, all employers and employees can register at www.walk.com.au