



# Walk towards a healthier heart

with Australia's largest free walking program



Join thousands of Australians who are walking with a Heart Foundation Walking group.

**Find a walking group near you today.**  
Scan the below code or call **13 11 12**.



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Since 1995, thousands of men and women have walked with Heart Foundation Walking – Australia’s largest, free walking program. Heart Foundation Walking encourages people to join a walking group, and offers support, recognition, and ongoing information and advice about how to keep active.

### **Walking: the wonder drug**

Walking regularly can help:

- Reduce your risk of heart disease, stroke and developing some cancers.
- Manage weight, blood pressure and blood cholesterol.
- Prevent and control diabetes.
- Maintain your bone density, reducing your risk of osteoporosis and fractures.
- Improve balance and coordination, reducing your risk of falls and other injuries.
- Improve your daily mood and support good mental health.

Walking with the Heart Foundation is a great way to make new friends and build connections within your community.

**Don't wait, take a step towards a healthier heart and join today.  
Visit [www.hrt.how/joinagroup](http://www.hrt.how/joinagroup) to find a group near you.**

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