

FEATURE - Yangebup Striders

by Heart Foundation Walking organiser Di Black



We have a very friendly and loyal band of walkers and as a result many friendships have formed.

We walk in most weather only lightening, thunder and strong winds deterring us. Getting up early in the morning one catches the exquisite sunrises, dew drops on spider webs and one can hear the clear calls of the birds as they announce

the new day. Each day we try to do a different walk around our many beautiful lakes in the area. We never cease to be amazed at the variety of birds and plants and have our cameras at the ready at all times. Our two so called keen bird watcher and plant expert are both alert and keep us informed as to the name and habits of the flora and fauna.

We have many serious discussions as we walk, discussing the time of the day, politics and solving the world problems. The topic of which side of a tree moss grows on has had us amused, as two of our walkers try to decide the direction of north and south. We often go on excursions, one favourite to Coojee beach. After our walk we indulge in breakfast or brunch at the restaurant. King's Park is another favourite especially in the spring. We catch the bus and go for the whole day. Our plan in the future when winter is over is to catch the train to Mandurah for the day. Come and join us, it is a lot of fun and keeps us fit and healthy.

Heart Foundation Walking is Australia's largest network of free community based walking groups coordinated locally by City of Cockburn. Heart Foundation Walking is funded by the Australian Government Department of Health and Ageing.

Nordic Walking

Dawn Yates and Hugh Rogers from the Seniors' Recreational Council of WA Inc. will conduct a hands-on-workshop about Nordic Walking (also known as Pole Walking). Using poles while walking ensures a total body exercise and can improve balance and coordination. A great way to burn off those extra calories - Nordic Walking consumes approximately 400 calories per hour compared with 280 for normal walking. Joints and knees are not aggravated and pain and muscle tension in the neck and shoulder areas can be relieved. Why not give it a try?

The event will take place in Stay on Your Feet Week on Thursday 18 September from 10am - 11am at Coolbellup Library, 90 Cordelia Ave, Coolbellup. Bookings essential on 9411 3830 as numbers are limited.

SPECIAL THANKS

to Cockburn VIV (very important volunteers) Fred Mason, Margaret Drake-Brockman, Jill Luckhurst, Penny Horsfall & Karen Smeding, Curtin University students Tessa Pearse & Emily Eaton, and community service students from Lakeland Senior High School for conducting walk audits for the Be Active Cockburn Website.



Launch of Cockburn Gateway Pram Walkers

Enthusiastic mothers, dedicated community nurses and supportive staff at Cockburn Gateway Shopping City were joined by proud grandfather Mayor Stephen Lee at the launch of the newest Heart Foundation Walking group in the City of Cockburn.

Cockburn Gateway Pram Walkers were shown how to do pre-walk stretching exercises by Heart Foundation Manager of Physical Activity Vanessa Beal. Community nurses Wendy Hogan-Smith and Wendy Hegarty were helped by Cockburn Gateway Shopping City staff and Be Active Cockburn program officer Gilly Street, who is also the Heart Foundation Walking area coordinator, to get the group started.

They meet every Tuesday morning at 8.30am. For more details contact one of the Wendys on 9414 6304 or 9417 4927, or see details of other walking groups in Cockburn overleaf.



WALK THERE TODAY WEEK: 3 to 9 November 2008

Walk Week - Walk There Today encourages people of all ages to become more physically active by walking for transport, health, recreation and the environment.

Schools, workplaces and community groups are encouraged to host a walking event. Register the event online at www.dpi.wa.gov.au/walking by Friday 26 September to receive a FREE event kit including posters, giveaways and the new WA Walking Guide.

Participate in this event as part of the free Active Family Challenge! www.activefamilychallenge.com.au

Physical Activity Guidelines for Adults

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days
4. If you can, also enjoy some regular, vigorous activity for extra health and fitness

Physical Activity Guidelines for Children (under the age of 18 years)

1. Children need at least 60 minutes (and up to several) hours of moderate to vigorous physical activity every day.
2. Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

Bibra Lake Fun Run 2008

The City of Cockburn's annual Bibra Lake Fun Run, will be held on 21 September, starting and finishing at the corner of Gwilliam and Progress Drive, Bibra Lake. This is an important fundraising opportunity for Cockburn sporting clubs

and groups, and all proceeds will go to community organisations.

Register by 8am and be ready to race at 8:30am. Get your enrolment form from the City's website at www.cockburn.wa.gov.au or call the City on 9411 3444.

Walk Leader/Organiser	HFW	Meeting point	Day and Time	Phone	Email
Bernie Dierks (Bernie will be away from 19 August until 15 September)	Yes	South Lake Primary school, meet at the 2 nd carpark	Monday 5.30pm Thursday 5.30pm	9418 1535	bdiерks1@dodo.com.au
Fred Mason Hamilton Hill	Yes	To be decided	Can walk 7am and 7pm any day except Thursday	94341545	
Dianne Black (Yangebup Striders)	Yes	Yangebup Shopping Centre, Cnr Moorhen Dr and Swallow Dr meet near postbox	Monday, Wednesday and Friday 6.50am for 7am start	9499 4143 0429109992	Tblack5@bigpond.com
Ken, Val and Damien Norris Olympic Fun & Fitness Jandakot	No	Olympic Fun & Fitness, cnr Berrigan Drive and Lakes Way	Wednesday & Friday 9.15am Friday & Saturday 10.15am (coinciding with kids gym classes, but open to all)	9417 2153	
Monique Scourse Bibra Lake	Yes	Bibra Lake Primary School carpark	Wednesday 9am	9417 7124	Simba405@bigpond.com
Wendy Hogan-Smith South Lake Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am – Launch 22 July	9417 4927	Wendy.Hogan-Smith@health.wa.gov.au
Wendy Hegarty Atwell Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am – Launch 22 July	9414 6304	Wendy.Hegarty@health.wa.gov.au
John Scanlon-Interim Leader, Easy Walkers	No	Bibra Lake (Ring for details)	Ring for details	9331 2092	jscan1@inet.net.au
Melissa Stoneham (Moon Walkers)	Yes	Beaconsfield - Stairs at Salentina Rise (corner of moran and beard street)	Tuesday 9am	0421113580	
Barbara (South Beach Friday Striders)	Yes	South Fremantle. Car-park next to South Beach Cafe	Friday 9:30am	0408383053	
Gina Eyre (Monday Morning Walkers)	No	South Fremantle	Monday 8am		(Contact The Meeting Place on 9335 3394 – need to be a member)
Geoff Langley (South Beach Seals)	No	South Fremantle	Thursday 8am		(Contact The Meeting Place on 9335 3394 – need to be a member)
Janet (After work walkers)	No	Fremantle	Tuesday 5:45pm	0409919718	
Shelley (Town of East Fremantle council walking group)	No	East Fremantle Council Building, 135 Canning Hwy	Thursday & Tuesday 1pm		

If you'd like to walk at another time or place, why not consider starting your own Heart Foundation Walking group? It only takes two to start a group and you'll get free training, hat and t-shirt, and others can be referred to your group. Contact Gilly Street on 9411 3503 / gstreet@cockburn.wa.gov.au or Stephanie Lamb on 9432 9982 / activefreo@fremantle.wa.gov.au. Free pedometer loans are available at all libraries in the City of Cockburn.