



# be active

# cockburn

# NEWS No.1 MAY 2008

## Launch of Be Active Cockburn Program



Mayor Stephen Lee, Basketballer CJ Jackson, Entertaining Exerciser Lew, Cr Carol Reeve-Fowkes and ex Fremantle Docker Troy Cook were some of the VIPs helped launch the Be Active Cockburn program in April. Spearwood Primary School students also showed everyone how to keep fit in a spectacular show of their skipping abilities

## Striding towards Health and Wellbeing

A forum was held at the City of Cockburn in April for walkers keen to join a Heart Foundation Walking group. Congratulations to volunteer walk organizers Monique Scourse, Fred Mason, Wendy Hogan-Smith, Dianne Black, Wendy Hegarty and Bernie Dierks.



According to the Heart Foundation Walking Manual 2007, some of the benefits of regular physical activity are:

- Reduce risk of heart disease and stroke
- Manage weight, blood pressure and blood cholesterol
- Prevent and control diabetes
- Reduce risk of developing some cancers
- Maintain bone density, reducing risk of osteoporosis and fractures
- Improve balance and coordination, reducing risk of falls and other injuries
- Help people feel stronger and more energetic
- Improve overall quality and enjoyment of life

If you wish to know more about Heart Foundation Walking in the City of Cockburn, you can attend the forum advertised across this page, or contact the Heart Foundation on 1300 36 27 87

## Lakeland Students Walk for Website

Year 10 community service students from Lakeland Senior High School have been auditing walk routes for maps that will appear on the Be Active Cockburn Website to be launched later this year. Included in the audit is information about shade, seating, water and suitability for prams and wheelchairs. Approximately 20 maps across the City will be available, thanks to the energetic students and staff at Lakeland.

## Attention Walkers!

### AFTER HOURS WALK FORUM

Saturday 7th June

9am – 11am

South Lake Leisure Centre (Creche Room)

Light refreshments provided

### RSVP

City of Cockburn

9411 3444 or email: [gstreet@cockburn.wa.gov.au](mailto:gstreet@cockburn.wa.gov.au)

by Thursday 5th June

Come along and find out more about Heart Foundation Walking groups in the City of Cockburn

City of Cockburn walkers who sign up with Heart Foundation walking before June 30 will receive a \$10 shopping voucher from Cockburn Gateway Shopping City or Scarvaci's IGA in Hamilton Hill after they have completed 10 walks

## Over 55s Invigorated by Cockburn Coast

Be Active Cockburn supported the

Over 55s Walking Association walk from Woodman Point on Tuesday 20th May. City of Cockburn Health Promotion Officer Gilly Street and veteran walk leader Fred Mason joined about 150 walkers who enjoyed beautiful sunshine and an invigorating walk on the coast, entertained by a playful display by some visiting dolphins. The association organizes weekly walks throughout the metropolitan area, usually followed by a picnic lunch. Club President Helen Jones can be contacted on : [hjones@westnet.com.au](mailto:hjones@westnet.com.au)

