



## Walk Organiser – Profile

My name is Bernie Dierks and I started out some years ago with Neighbourhood Watch and became interested as a walk leader for the then Streets Alive Cockburn promotion.

Our Heart Foundation walk consists of around a half hour walk in a triangular direction about South Lakes Primary School. We start Mondays and Thursdays meeting in the second car park near Foxall Rd and Mason Court at 5.30pm sharp. The walk is part on Footpath and part on roads and is reasonably flat. Hope to see you there. Details Below

## Walking groups in Cockburn and Fremantle

Walk Leader/Organiser	HFW	Meeting point	Day and Time	Phone	Email
Bernie Dierks (will be away until Aug 2009)	Yes	South Lake Primary school, meet at the 2 <sup>nd</sup> carpark	Monday 5.30pm Thursday 5.30pm	9418 1535	bdierks1@dodo.com.au
Fred Mason Hamilton Hill	Yes	To be decided	Can walk 7am and 7pm any day except Thursday	9434 1545	
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 0429 109 992	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	
Wendy Hogan-Smith South Lake Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am	9417 4927	Wendy.Hogan-Smith@health.wa.gov.au
Wendy Hegarty Atwell Community Nurse (pram-walking)	Yes	Cockburn Gateway Shopping City	Tuesday 8.15am	9414 6304	Wendy.Hegarty@health.wa.gov.au
Melissa Stoneham (Moon Walkers)	Yes	Beaconsfield - Stairs at Salentina Rise (corner of moran and beard street)	Tuesday 9am	0421 113 580	
Lily Jackson	Yes	Southwell Crescent Hamilton Hill	Mornings 7am or 8am Ring to discuss	0401 037 672	
Barbara (South Beach Friday Striders)	Yes	South Fremantle. Car-park next to South Beach Cafe	Friday 9:30am	0408 383 053	
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	0409 919 718	
Shelley (Town of East Fremantle council walking group)	No	East Fremantle Council Building, 135 Canning Hwy	Thursday & Tuesday 1pm	9339 9339	admin@eastfremantle.wa.gov.au

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.

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



### Walking in the City of Cockburn – helping residents become more physically active

**B**e Active Cockburn recently launched the colourful and handy pocket-sized walk trail booklet *Walking in the City of Cockburn*.

The launch took place at Phoenix Shopping Centre on Thursday 7 May, followed by a talk and a walk. City of Cockburn Mayor Logan Howlett and City of Fremantle Mayor Peter Tagliaferri joined Heart Foundation Walking (HFW) group members from each of the Cities on the Spearwood “MacFaull Park” walk, one of the 18 walk trails featured in the booklet. Both Mayors encourage residents of all ages and abilities to enjoy the physical, mental and social benefits of joining a local walking group. See more about HFW groups on page 4 of this newsletter.

The Atwell walk can be found in *Walking in the City of Cockburn*. The walk is approximately 3.2km



in length and, on average, takes 36 minutes to walk at a medium pace. This walk shows off the beautiful surroundings of Harvest Lakes including trees, plants, lakes and even a nature walk. The walk passes by outdoor exercise equipment, seating, barbecues and play equipment as well as Harmony Primary School.

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Walking in the City of Cockburn is available through the walking groups, through schools and at the South Lake Ottey Family Centre. The booklet is also available to members of the public from City of Cockburn libraries, or on the Be Active Cockburn website at [www.beactivecockburn.com.au](http://www.beactivecockburn.com.au).

Local walker Lee Rutherford showed Cockburn off to a friend visiting from New Zealand by walking some of the trails, which she found on the website. "The best part is you know how far you are walking, which gives you much better choices depending on who you are with and fitness levels, so thank whoever did them for me. My friend thought the walks were fantastic," she commented. Thanks Lee, we love getting positive feedback!

If you have comments, stories and/or photos of your physically active experiences please email them to [beactive@cockburn.wa.gov.au](mailto:beactive@cockburn.wa.gov.au)

## Website Cartoon Competition Winners

Marvi Delfin won cash and prizes for her winning entry in the Be Active Cockburn Community Cartoon competition. Her entry used the caption from the Physical Activity guidelines for adults,

"Think of movement as an opportunity, not an inconvenience". The competition was sponsored by Be Active Cockburn and Phoenix Shopping Centre.

Other competitions will be announced periodically on the competitions page at [www.beactivecockburn.com.au](http://www.beactivecockburn.com.au)



## Getting Physical in the Library

What do an Olympic gold medallist, a sock-knitting author, a nutritionist and a pedal-powering physicist have in common?

They are all appearing at City of Cockburn Libraries for "Let's get physical in June".

The City's Libraries have organised a series of motivating and inspiring events to warm us through the winter months. While visiting the library, remember to ask about the 4 week pedometer program with free loan of pedometers to library members, and pick up a free copy of Walking in the City of Cockburn.

## Be Active Cockburn Survey



The Be Active Cockburn survey in the April issue of the Cockburn Soundings enabled residents to have their say on physical activity in the City. Izabella Jorek of Atwell was the winner of the Lucky Draw prize of \$500 cash and prizes, sponsored by the Be Active Cockburn program and Phoenix Shopping Centre.

Comments relating to paths, parks, dogs, organized activities, shade lighting, equipment and more will be used by various departments for future planning. Thank you to everyone who took the time out to complete the Be Active Cockburn survey. Community feedback relating to physical activity is welcome on an ongoing basis by email to [beactive@cockburn.wa.gov.au](mailto:beactive@cockburn.wa.gov.au).

## BE ACTIVE - news

### TravelSmart, Living Smart and Pedal Power

Physical activity is not only good for the body and the mind, there are physically active ways that we can support our planet too. Living Smart and TravelSmart are two initiatives that will be supported by the Be Active Cockburn program.

The City is currently delivering the annual Living Smart Program to residents. The program covers many diverse components of sustainable living, including food gardening, power, waste, travel, healthy you and healthy movement, this course is a practical guide to living more sustainably.

For more information on the program and getting involved, check out their website <http://www.livingsmart.org.au/>



City of Cockburn Mayor Howlett enjoys a lesson on how to actively make a smoothie

The amazing electric powering bikes is the brainchild of UWA sustainability expert Jonathon Thwaites, these bikes can help you stay fit and active while making your own electricity! They are manufactured using recycled bikes and motors from discarded appliances! Look out for the bikes at upcoming City of Cockburn events.

And finally, to get you moving through winter, the City will be participating in the Department of Planning and Infrastructure's Travel Smart Program from July, through the arrival of a dedicated Travel Smart Officer!

The TravelSmart officer will work closely with the Be Active Cockburn team to help residents save money, get healthy and reduce traffic congestion. For more information on this initiative, visit <http://www.dpi.wa.gov.au/travelsmart/14890.asp>.

### 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

## Seniors - Prevent Injury and Keep Fit

Thanks to the City of Cockburn, the Department of Sport and Recreation, Phoenix Shopping Centre and the Injury Control Council of WA there will soon be an opportunity for seniors to participate in a supported mall-walking group at Phoenix Shopping Centre. WATCH THIS SPACE!

### Walkers wanted!

Do you enjoy walking? Would you like to be more active and meet some new people? Want some extra motivation to help you stay committed? Then why not join Heart Foundation Walking? Heart Foundation Walking is a network of free community-based walking groups that gives you an easy way to look after your health.

Be Active Cockburn is looking for walkers in the City of Cockburn. For more information, please see the back page of this newsletter.

