

WALK TO WORK



ACT
Government



Transport
Canberra



DID YOU KNOW?

With over 3,500 kilometres of footpaths, relatively flat gradients, dry climate and an existing off-road share path network of over 1,000kms, Canberra provides an ideal environment for walking.

Just 30 minutes of exercise a day can improve your health and help with weight management. Just walk some of the way to work then catch public transport, you'll burn kilojoules and boost your fitness.



WHY WALK?

Walking all or part of the way to work will keep you fit, healthy and reduce stress.



SAVE MONEY

ON FUEL, PARKING,
AND VEHICLE
MAINTENANCE COSTS



GREENS OUR ENVIRONMENT

REDUCING AIR POLLUTION AND
ROAD NOISE



SAVE THE STRESS

NO PARKING HASSLES,
ROAD DELAYS OR TRAFFIC
CONGESTION



IMPROVE FITNESS

INCREASE HEALTH AND
WELLBEING THROUGH
EXERCISE