

Walk yourself happy

Heart Foundation Walking



Is your community ready to walk happy?

Heart Foundation Walking is a free community walking network. We work with organisations across the country to establish and support local walking groups and to promote walking as one of the best ways to be happy and healthy.

Heart Foundation Walking provides:

- an easy, time and cost-efficient way of starting and running walking groups
- online training and a wide range of professional resources
- customised self-managed reports on your walking groups' activity
- regular educational teleconferences, annual workshops and networking opportunities
- incentives and rewards to your walking group members
- Insurance and risk management policies.

Join us to get Australia moving. Find out how to become a Heart Foundation Walking Host Organisation by visiting walking.heartfoundation.org.au or calling 13 11 12.

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