



Media release

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Feet to beat pavement for Heart Week

The City of Albany has organised a number of free community events to help celebrate Heart Week and the 20th anniversary of Heart Foundation Walking.

Between May 4 and 8 lunchtime walks will be held in the Albany CBD, departing from the Town Square from 12 noon.

The lunchtime walks are in step with the Heart Foundation's campaign to increase physical activity with the call for everyone to 'Move More, Sit Less'.

Alongside the lunchtime walks the Town Hall will also be hosting lunchtime yoga on May 4 and 6 from 12:15pm, courtesy of Radiant Being. Places are limited so arrive early to avoid disappointment.

If you want something a little more fast paced and active, opt for Zumba in the Square by Bodycare Health Club on Tuesday and Friday from 12:15pm or you can dust off your bike and head down to Three Anchors, Middleton Beach at 9:30am on either May 4 or 5 to rediscover your love of cycling in a fun and social atmosphere.

Heart Week is a timely reminder that heart disease can be prevented through modest but regular amounts of physical activity - and walking is a perfect way to improve your heart health in a friendly and social environment.

To find a free Heart Foundation Walking Group in Albany, please call 1300 362 787 or visit walking.heartfoundation.org.au.

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