



Diabetes Australia Walk to Work Day  
Friday 7 October 2016



Media Release

## NO MORE EXCUSES

### STEP INTO SPRING AND BUILD WALKING INTO YOUR DAILY ROUTINE

6 September 2016

Diabetes Australia Walk to Work Day is on in just four weeks and organisers are saying “no more excuses, no more previous engagements.” Get walking today and start the path to a healthier workplace and a healthier you.

The annual event, now in its 19<sup>th</sup> year, encourages employees and employers to build walking into their everyday lives – not just on Friday 7 October 2016, but every day.

Walking meetings, walking to and from work, taking a walk at lunchtime or using the stairs instead of the escalator or elevator are just some of the ways you can start. And you also have the opportunity to help raise vital funds for Diabetes Australia.

“With around 280 Australians developing diabetes every day – diabetes is one of the biggest health concerns facing Australia,” Diabetes Australia CEO A/Professor Greg Johnson said.

“Walking is one of the best ways to help people reduce their risk of getting type 2 diabetes, and to help manage this condition.”

“Employers can play an important role in encouraging all employees to build walking into the daily routine.”

“Employees who walk regularly are generally more productive, have less stress, less likely to be sick or absent, and they lower their risk of developing type 2 diabetes.”

Pedestrian Council Chairman Harold Scruby said: “taking positive steps to reduce sedentary behaviour and prevent type 2 diabetes can also reduce other risk factors like stroke, heart disease and various of types cancer.

“Let’s not make any more excuses. No more ‘due to a previous engagement.’ Everyone can walk at least 1km to and from work, set the alarm 30 minutes earlier and set a great example for all Australians. Regular walking helps relieve feelings of depression or anxiety and improves our environment by reducing car dependency and traffic jams, and best of all walking is free!” Mr. Scruby said.

To start raising money for Diabetes Australia and get involved is simple:

- Go to [www.walk.com.au](http://www.walk.com.au) and donate directly or raise vital funds for Diabetes Australia. Your contribution will go towards diabetes research, prevention and education programs.
- Set your walking goal – how many kilometres can YOU walk by Friday 7 October?
- Invite your friends and colleagues to walk with you and promote a walking workplace.



## Diabetes Australia Walk to Work Day Friday 7 October 2016



- Host a healthy breakfast for employees on Friday 7 October 2016 to raise awareness about walking and diabetes and to reward those who participate.

### Top ten walking tips for busy people:

Walking regularly is the simplest and most practical way of increasing your daily exercise. Now is a great time to put your feet first and step into spring and build walking into your daily routine.

1. Walk some or if you can, walk all the way to work.
2. Get off the bus, train, or tram a few stops earlier.
3. Leave the car at least 1km away from work and walk the rest of the way.
4. Set your alarm 30 minutes earlier to fit in a walk to work.
5. Organise a walk at lunchtime with colleagues.
6. Walk all or part of the way to meetings rather than driving or catching taxis.
7. Schedule a “walking meeting” (a Walking Workshop) instead of sitting down. Walk and talk and you’ll get double the benefit.
8. Ensure you get up from your desk at least once an hour and walk around the office.
9. Wherever possible, use the stairs instead of the escalator or elevator.
10. Host a healthy breakfast to reward those who participate.

### Did you know:

- Regular walking can lower the risk of type 2 diabetes and help manage diabetes for people already living with the chronic condition.
- Diabetes currently affects over 1.7 million Australians and is increasing by 280 new cases every day.
- 2 million Australians are currently at high risk of developing type 2 diabetes.
- 1 Australian develops diabetes every 5 minutes.
- Diabetes shares risk factors with cancer, heart disease and kidney disease.
- Type 2 diabetes can be prevented in up to 58% of cases in the high risk population, through lifestyle modification such as; healthy eating and regular physical activity.
- You can take the test to see your risk of developing type 2 diabetes at [diabetesaustralia.com.au/risk-calculator](http://diabetesaustralia.com.au/risk-calculator)

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**ENDS.**