

Walk for strength Rest to recover Talk for connection

Balwyn

Are you getting enough exercise?

30 minutes of moderate physical activity daily
is recommended for older Australians

Useful contacts

Inner East Community Health
Ph 9420 9118

Boroondara Health Aged
and Disability Services
Ph 9278 4777

Continence Foundation
of Australia Ph 1800 33 00 66

Balwyn Evergreen Centre
for Seniors Ph 9836 9681

Roadsafe Victoria for pedestrian
safety programs Ph 9881 8050



Disclaimer

The information in the pamphlet
should be used as a guide only.
If you have any concerns about your
health, or if it has been a while since
you exercised, please consult your
local doctor prior to undertaking
a new exercise program.

A City of Boroondara project funded
by the Community Road Safety
Grant Program, Transport Accident
Commission, Victoria.



Tips for safe walking



Wear supportive shoes



Drink plenty of water



Wear sunglasses



Carry a mobile phone



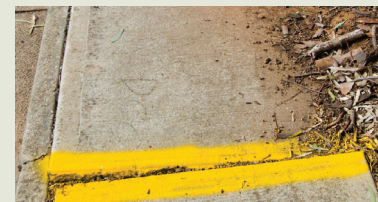
Wear bright
coloured clothing



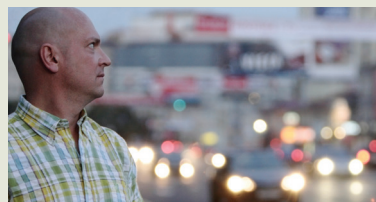
Umbrellas protect
in sun and rain



Cross at the lights or
pedestrian crossings



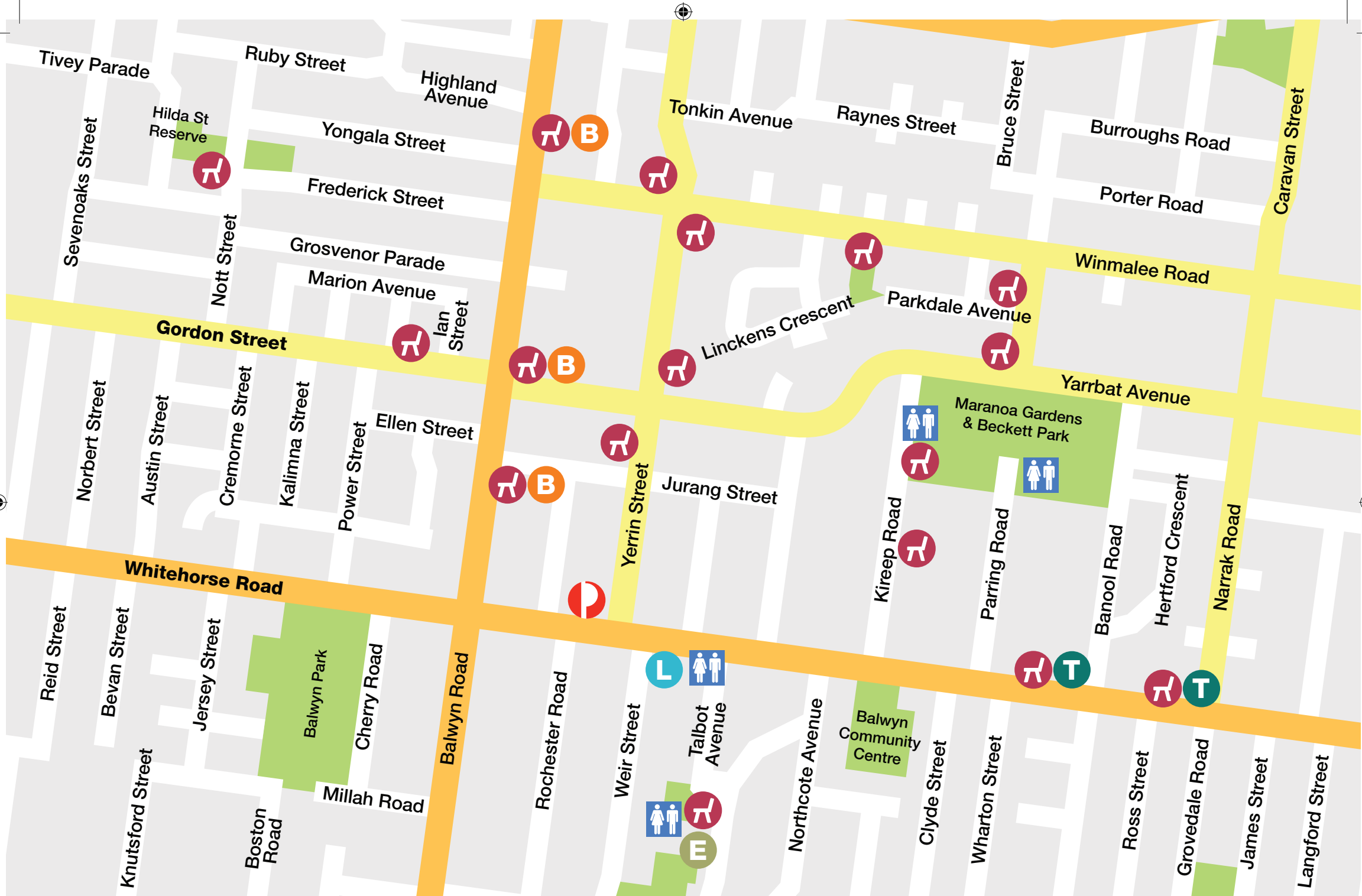
Take care on uneven or
slippery surfaces





Make eye contact
with drivers



Know your limitations
and stop to rest as
necessary



-  Public Seating
-  Bus Stop
-  Tram Stop
-  Library
-  Evergreen Centre
-  Post Office
-  Public Toilet