

Walk for strength Rest to recover Talk for connection

Balwyn North

Are you getting enough exercise?

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

Useful contacts

Inner East Community Health
Ph 98186703 (Hawthorn)
Ph 9885 6822 (Ashburton)

**Boroondara Health Aged and
Disability Services** Ph 9278 4777

**Continence Foundation
of Australia** Ph 1800 33 00 66

Boroondara Community Safety,
Ph 9278 4715

**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.



Tips for safe walking



Wear supportive shoes



Drink plenty of water



Wear sunglasses



Carry a mobile phone



**Wear bright
coloured clothing**



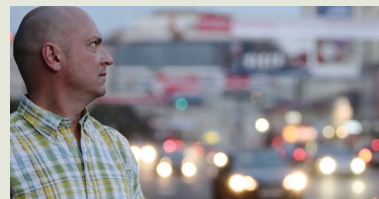
**Umbrellas protect
in sun and rain**



**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**



Balwyn North

- | | | |
|--|---|---|
|  Seats |  Post Office |  Bus route |
|  Drinking fountain |  Library |  Path |
|  Pedestrian crossing |  Train station |  Shops |
|  Toilet |  Tram route |  Dog off lead area |

0 125m 250m 375m 500m

