

# Walk for strength Rest to recover Talk for connection

**Kew/Deepdene**

## 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**



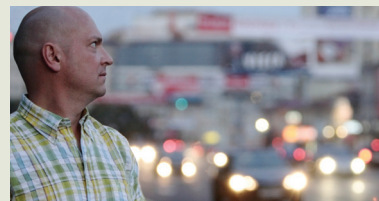
**Umbrellas protect  
in sun and rain**



**Cross at the lights or  
pedestrian crossings**



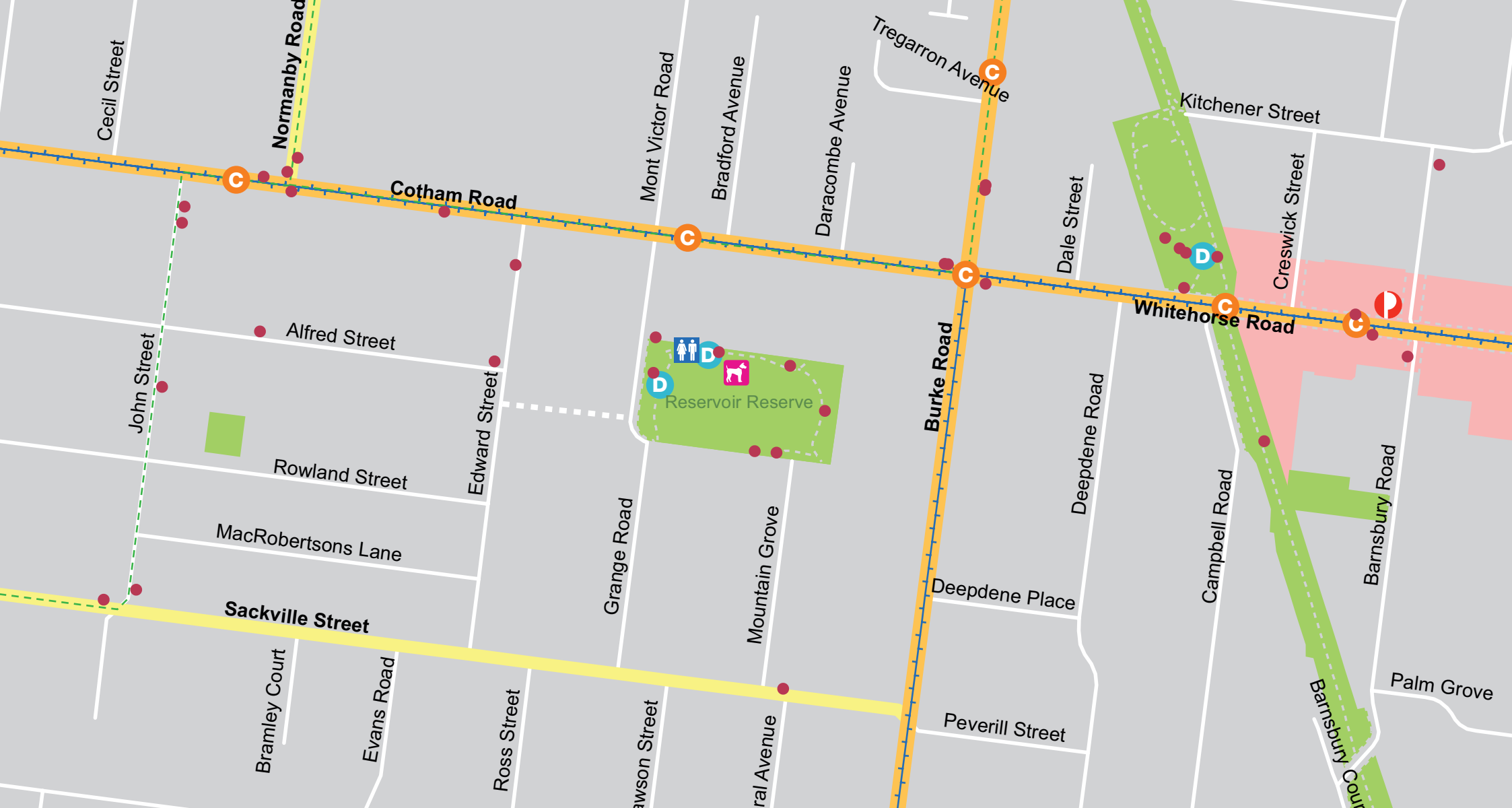
**Take care on uneven or  
slippery surfaces**



**Make eye contact  
with drivers**



**Know your limitations  
and stop to rest as  
necessary**



## Kew/Deepdene

- |                     |               |                   |
|---------------------|---------------|-------------------|
| 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

