

*The Healthy Active People Initiative encourages healthy lifestyles and supports an environment that is safe and enjoyable for active recreation.*

Walking is a great form of exercise; it's easy to do and it's free. It's a low impact activity that can be done almost anywhere and has lots of benefits:

- Improves fitness, posture, muscle tone, strength and flexibility.
- Reduces risk of developing heart disease, diabetes, osteoporosis, arthritis and some cancers.
- Helps you to stay connected with friends, gets you out and about exploring the community and meeting new people.
- Improves wellbeing, reduces stress and depression.

Health and safety tips:

- If you have a chronic condition, such as heart disease or diabetes, consult your doctor before starting physical activity.
- Be prepared for all weather conditions and remember to wear sunscreen, a hat, protective clothing, sunglasses or take an umbrella.
- Be seen, safe and alert around roads.
- Take water with you.

You can walk on your own or join a local walking group.

We have two suggested town loop walks that take approximately 30 and 60 minutes to complete. These walks will help you meet the recommended 30 minutes of physical activity per day.

Please note: these walks may not be accessible to all and may have uneven and undulating surfaces in some areas.



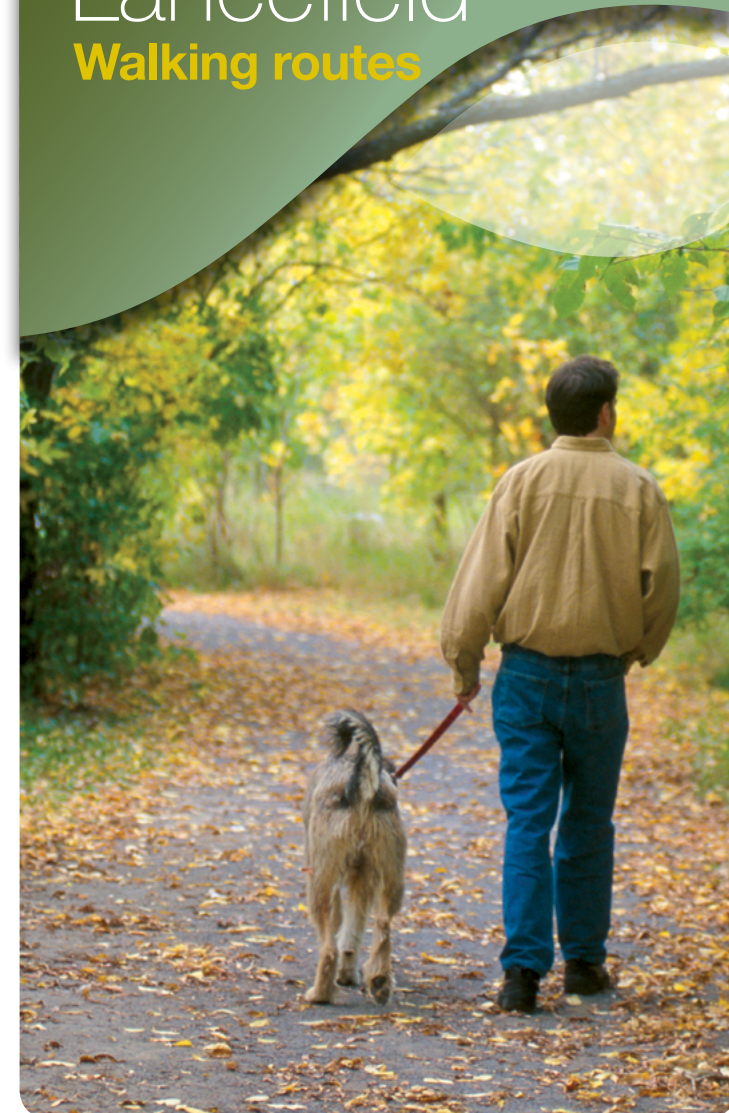
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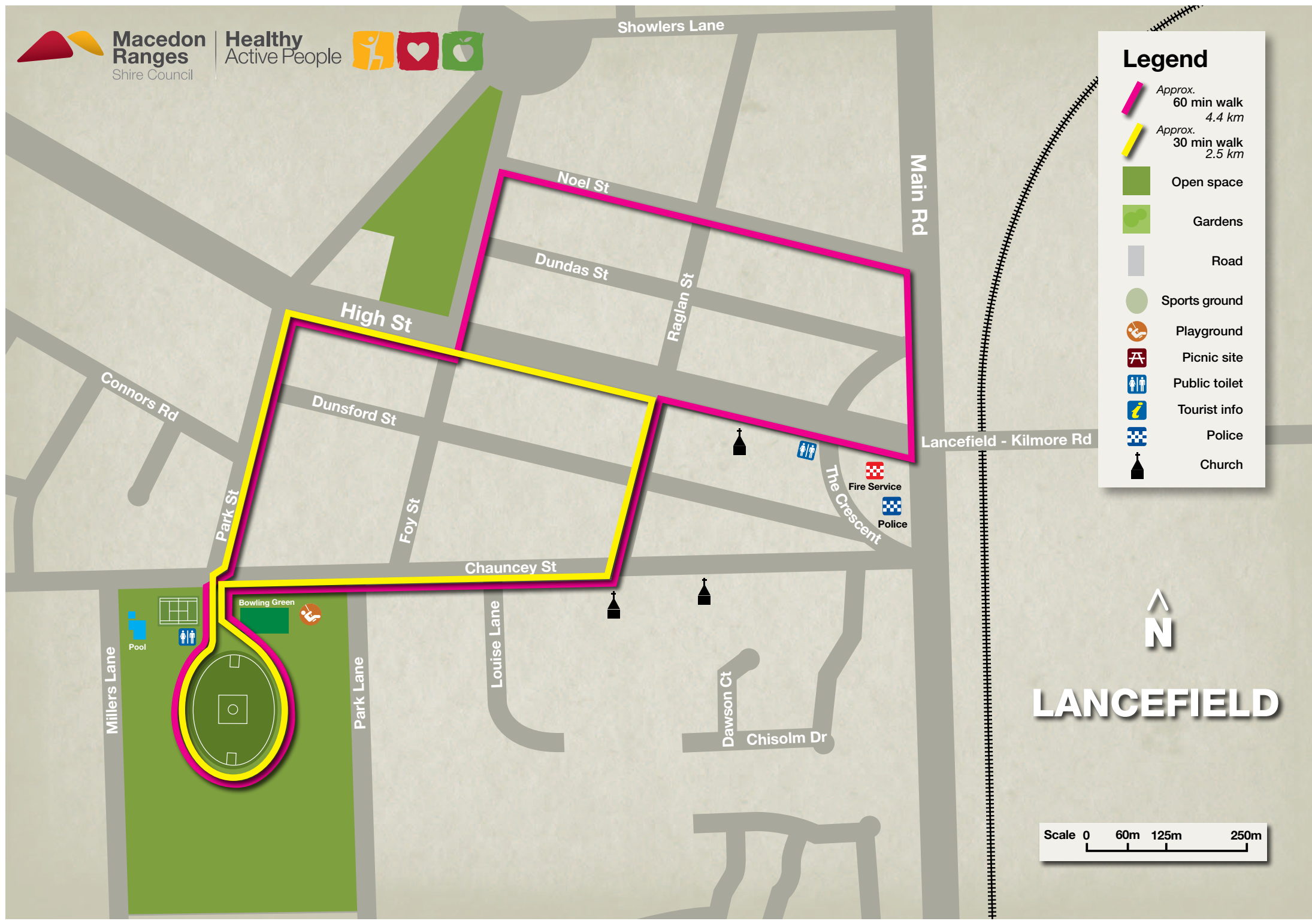
*This brochure has been developed by the Healthy Active People Initiative and is funded by the Australian Government.*















# Be healthy and active in Lancefield

## Walking routes





## Legend

-  Approx. 60 min walk 4.4 km
-  Approx. 30 min walk 2.5 km
-  Open space
-  Gardens
-  Road
-  Sports ground
-  Playground
-  Picnic site
-  Public toilet
-  Tourist info
-  Police
-  Church



**LANCEFIELD**

Scale 0 60m 125m 250m