



## Walktober starts this Sunday, October 1

**Walking is EASY.  
It's FREE!!  
It's GOOD for you.  
It's a great way to connect  
neighbourhoods and communities.**

Walktober will be held for the first time in October this year.

If you are involved in walking activities in October you can register your event on [www.walktober.com.au](http://www.walktober.com.au) and also learn about the hundreds of other activities across Victoria.

Walktober is a new umbrella program, developed by Kinect Australia (formerly VicFit) in collaboration with VicHealth, which aims to raise the profile of walking and highlight the broader community and social benefits.

Thousands of organisations and individuals have already signed up for Walktober Walk to School Day, National Walk to Work Day and the World's Greatest Pram Stroll.

Registrations for the Melbourne Walk21 Conference are open. Visit [www.melbournwalk21.com.au](http://www.melbournwalk21.com.au) to find out more on the international experts who will discuss strategies and research on ways to improve walking and help communities enjoy the health, social, environmental and economic benefits of walking.

Our thanks to Sportsco outlets across Victoria helping spread the word by branding their shop

### Key Walktober Events:

#### Community Safety Month

[www.communitysafetymonth.com.au](http://www.communitysafetymonth.com.au)

1-8 October

#### Victorian Seniors Festival

[www.seniors.vic.gov.au](http://www.seniors.vic.gov.au)

6 October

#### National Walk to Work Day

[www.walk.com.au](http://www.walk.com.au)

7 October

#### World's Greatest Pram Stroll

[www.parkweb.vic.gov.au](http://www.parkweb.vic.gov.au)

8-14 October

#### The Podiatry Council

#### Foot Health Week

[www.podiatryvic.com.au](http://www.podiatryvic.com.au)

16-20 October

#### Planning Week

[www.planning.org.au](http://www.planning.org.au)

18 October

#### Walktober Walk to School

<http://www.vichealth.vic.gov.au/Content.aspx?topicID=363>

23-25 October

#### Melbourne Walk21 Conference

[www.melbournwalk21.com.au](http://www.melbournwalk21.com.au)

27 October

windows with Walktober signage and distributing Walktober flyers in store.

**WALKTOBER WALKING FACTS:**

- **Walking is THE most popular exercise activity**
- **On average people walk 128,000km in a lifetime – three times around the earth!**

**Find a walking group in your area by calling 1300 739 899**

**Creating Lively Neighbourhoods– Children & Active Transport Symposium**

[www.vichealth.vic.gov.au/symposium](http://www.vichealth.vic.gov.au/symposium)

29 October

**Prostate Cancer Awareness Walk**

**For a comprehensive list of events see our website.**

To find out more:

[www.walktober.com.au](http://www.walktober.com.au)

Email: [enquiries@kinectaustralia.org.au](mailto:enquiries@kinectaustralia.org.au)

Go for your Life information line - 1300 739 899

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