

MY NAME

Lean and Green page 22

Preparation before reading:

We can all look after our health and fitness by eating well and getting exercise, like walking every day. You will burn fat, look after your heart and feel a lot healthier if you walk for at least half an hour each day.

We can even protect the environment by walking instead of driving the car!

Read Lean and Green on page 22.

HEALTHY VIBE
STRONG & SMART

Lean and Green

WALKING ISN'T JUST GOOD FOR YOU – IT CAN BE GOOD FOR THE PLANET AS WELL.

No matter what magazines and TV ads try to tell you, there's no magic trick to losing weight or gaining fitness. The only way to a leaner, healthier body is the old fashioned way – eating a balanced diet and getting enough exercise – no magic involved.

One of the best forms of exercise you can do is also the easiest – walking. Walking is an easy, efficient way to burn fat and improve your health, and it doesn't cost you anything!

Spend at least 30 minutes walking at a moderate pace every day or almost every day of the week and eat a healthy balanced diet, and you'll soon notice the difference in your weight, your health, your energy levels – even your mood!

As well as improving your cardiovascular system and improving your fitness level, walking is an effective mode of transport – and an environmentally friendly one.

Walking just 10km (instead of driving) can save up to 300 kilograms of greenhouse pollution each year, and with every litre of petrol saved, greenhouse pollution is reduced by 2.9 kilograms.

Many car trips are less than two kilometres, which is a walkable distance for most of us. Just think of how much we could reduce pollution levels if we all walked those short distances instead of jumping into the car?

As well as greenhouse pollution, vehicle exhaust causes air pollution, such as smog, which according to CSIRO kills about 2400 Australians every year.

Friday, October 3 is Walk to Work Day – why not use this as a starting point for your new, healthy walking life? Even if you walk to the next bus stop instead of getting on the bus at your door step, it still makes a difference.

To find out more, head to www.walk.com.au



Activity 1. Reading for meaning

1. What is a cheap and effective form of exercise ?

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2. How long should you spend walking everyday in order to make a difference to your health?

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3. Name three advantages for walking instead of driving.

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4. How many kilograms of greenhouse pollution can be saved a day simply from walking just 10 kilometres?

5. What date is 'Friday walk to work day'?

Activity 2. In 50 words write a letter to the Editor asking persuading people to walk to work instead of driving or taking the bus.

Dear Editor,

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Activity 3. Walking is a great way to keep fit.

Make a list of five other things you can do each day to stay fit and healthy.

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To find our more, head to www.walk.com.au