



DIABETES AUSTRALIA WALK TO WORK DAY

Friday 4 October 2019

NO MORE EXCUSES

Step Into Spring And Build Walking Into Your Daily Routine

SEPTEMBER 2019: Diabetes Australia Walk to Work Day is just a month away and organisers are saying "no more excuses!". With one Australian diagnosed with type 2 diabetes every eight minutes there has never been a better time to get walking and start on the path to a healthier workplace and a healthier you.

Now in its 21st year, Walk to Work Day encourages employees and employers to build walking into their everyday lives – not just on Friday 4 October 2019, but every day.

Walking meetings, walking to and from work, taking a walk at lunchtime, and using the stairs instead of the escalator or elevator are just some of the ways you can start.

Diabetes Australia CEO Professor Greg Johnson said while family history and cultural background play a strong role in risk of type 2 diabetes - the risk is greatly increased if people are inactive, sedentary or overweight.

"With one Australian diagnosed with type 2 diabetes every 8 minutes, diabetes has a massive impact on the Australia's health system. Walking is one of the best ways to help people reduce their risk of developing type 2 diabetes, and also helps people who have type 2 diabetes manage their condition," he said.

Prof Johnson said employers can play an important role in encouraging their staff to build walking into their daily routine.

"Employees who walk increase the blood flow to the brain, making them more productive, and have less stress, while the increase in their general health make them less likely to be sick or absent" he said.

Pedestrian Council Chairman Harold Scruby said: "Taking positive steps to reduce sedentary behaviour and prevent type 2 diabetes can also reduce other risk factors like stroke, heart disease and various types of cancer.

"Let's not make any more excuses - no more 'due to a previous engagement'. Most of us can walk at least 1km to and from work, set the alarm 30 minutes earlier and create a great example for all Australians. Regular walking helps relieve feelings of depression or anxiety and improves our environment by reducing car dependency and traffic jams - best of all walking is free!"

To support and participate in Diabetes Australia Walk to Work Day, all work places are encouraged to raise awareness for Diabetes Australia. For more information, please visit walk.com.au.

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