

Benefits of being active

Choosing to move more across the day can really pay off.
Participating in regular physical activity can help to:

- Boost energy levels and improve mood
- Help to maintain a healthy weight
- Provide time with friends and family
- Improve sleep
- Lower rates of heart disease, high blood pressure, stroke and diabetes

Walking tips

1. Make walking part of your every day.

Choose a regular time and an activity that you enjoy and believe that you can turn into a habit:

- Walking your dog
- Walking with a friend and/or family member
- Taking the stairs instead of a lift
- Parking the car further away

If you are new to physical activity, it's best to start slowly, increasing the intensity and length of your workout as you go. You will see noticeable improvement within a few weeks if you are consistent.

2. Set yourself goals and make a plan.

Have a target in mind and set yourself goals. For example, plan on walking your favourite circuit 3 times a week.

3. Remember how good you will feel after being physical active.

We all have days where we don't feel like doing any physical activity, but before you decide to skip, think of how you will feel if you do the activity, and then think of how you will feel if you don't do the activity.

Counting your steps

The goal of 10,000 steps per day is the recommended target for healthy adults. This goal encourages the accumulation of incidental activity throughout the whole day.

The 10,000 Steps Project encourages you to track your steps by using a pedometer, activity tracker or smart phone application. You may also record them on the 10,000 Steps website (www.10000steps.org.au) or a paper log to maintain motivation to reach your target.

Walking checklist

- Wear comfortable shoes
- Wear light coloured clothing, hat, sunglasses and sunscreen
- Walk in the morning or evening to avoid the heat of the day
- Drink plenty of water
- Walk at a moderate pace (can talk but not sing)
- Wear pedometer or activity tracker to make every step count!

Keep our paths safe!

Please report paths that are in need of repair to Mackay Regional Council. Phone 1300 MACKAY (1300 622 529).

Build you own City Centre walk

In 2019, 46 new 10,000 Steps directional signs were installed within 19 locations around the City Centre, Bluewater Trail and Cross City Link. While these signs offer an excellent guide to walkers, residents can easily build their own walks, and count their steps, by adding up the blocks they walk. City Centre blocks are about 130 steps by 250 steps, with road crossings offering about another 30 steps. Something as simple as going for a walk to get your lunch or parking in a long-term car park and then running your errands on foot can mean considerable changes to your daily step count.

Contact details

This brochure has been developed by Mackay Regional Council with assistance from the 10,000 Steps project.

For more information visit:

www.mackay.qld.gov.au/10000steps
and www.10000steps.org.au

Funded by: 10,000 Steps Community Grants



City Centre Step Planner

Build your own 10,000 steps.

Many people can reach 10,000 steps a day by adding in a 30 minute walk to their everyday activities!



Every step counts.

www.10000steps.org.au



Healthier. Happier.



Every step counts.

www.10000steps.org.au

Walkways available: Mackay City Centre

Map Key: — Bluewater Trail — Cross City Link + Start/Finish - - - Walkway

Walks differ in distance as the average step varies from 0.6-0.8m.



City Centre block guide

x 130 steps y 250 steps r 30 steps



Map Legend

- 1 Bluewater Lagoon to Bluewater Quay - 950 steps
 - 2 Bluewater Quay to CQUniversity - 1000 steps
 - 3 Bluewater Quay to Boat Ramp - 1727 steps
 - 4 Boat Ramp to Queens Park - 600 steps
 - 5 Civic Precinct to Library - 685 steps
 - 6 Bluewater Lagoon to Civic Precinct - 740 steps
 - 7 Queens Park to High School - 2900 steps
 - 8 Mackay Showground to Queens Park - 2125 steps
- School
- Library