

Media Release

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Rug up and get moving to improve your heart health

With shorter days and cooler temperatures, it can be hard to find the motivation to go outside and get moving during winter.

South Western Sydney Local Health District Multicultural Health Project Officer and Heart Foundation Walking Area Coordinator Andreea Alecu said joining a Heart Foundation Walking group could provide the motivation needed to keep active.

"It's easy for people to use the winter weather as an excuse not to be active, but winter really presents a perfect opportunity to be active in a milder climate," Ms Alecu said.

"To beat the cold, wear layers that you can take off instead of a heavy jacket or jumper and wear a woollen hat and gloves which are warmer than acrylic or synthetic fibres," she said.

Ms Alecu said walking on a regular basis had many health benefits including lowering blood pressure and cholesterol, helping to maintain a healthy weight and controlling diabetes.

"By joining a walking group, you will meet new people and have a group to keep you motivated to keep going throughout winter," she said.

The walking groups are coordinated locally by South Western Sydney Local Health District Multicultural Health Service, Fairfield.

The two local groups - Horsley Park Walkers and Fairfield Over 50s group meet and walk regularly. Horsley Park Walkers meet every Monday and Wednesday at 8.30am at Horsley Park Reserve. The Fairfield Over 50s Group meets every Friday at 9.30am at Fairfield Leisure Centre car park.

For more information about Heart Foundation Walking contact 1300 36 27 87 or visit www.heartfoundation.org.au/walking.

Top five tips to keep you heart-healthy this winter:

1. Rug up and go for a brisk walk with a friend or group.
2. Make winter vegetables, grains and lean meats the heart of your meals.
3. Consider activities you can do inside – visit a gym, walk up and down stairs, work out with a physical activity DVD or even dance around the house.
4. Enjoy winter soups full of vegetables, legumes and grains.
5. Modify your favourite recipes - many only need small changes to make them healthier, like using lean meats and reduced fat dairy products.