

16 October 2015

Positive step in commitment to walking

South Western Sydney Local Health District (SWSLHD) and Fairfield City Council will take a positive step on Tuesday towards promoting walking for health by signing the Walk21 International Walking Charter.

The charter encourages the creation of healthy, efficient and sustainable communities where the physical and social barriers that limit walking are reduced.

Signatory organisations commit to a number of strategic principles including providing well designed spaces and networks for walking, reducing road danger and crime.

SWSLHD Chief Executive Amanda Larkin said the District and Council had been working together as part of the Fairfield Health Partnership to develop an integrated approach to addressing the health of local residents.

“For many years we’ve enjoyed a great partnership with Fairfield City Council and signing this charter is one of many great initiatives that has come from this commitment to encouraging and supporting healthy lifestyles,” Ms Larkin said.

“Walking is an ideal way to enjoy being active and people of all ages and most abilities can participate.

“Walking has significant physical and mental health benefits. Evidence shows that walking on a regular basis can help lower blood pressure and cholesterol, help maintain a healthy weight and control diabetes,” she said.

Fairfield City Council Mayor Frank Carbone encouraged residents to be healthy, get outdoors, walk and exercise often.

“Fairfield City has some of the most extensive walking and cycling paths of any LGA in NSW,” Mr Carbone said.

“We have invested heavily in the health of our residents through the construction of purpose built walking paths, outdoor gym equipment for all abilities and high quality playgrounds in a number of our parks,” he said.

For more information visit www.walk21.com/charter/