



Stroll to good health

RESIDENTS are invited to join Alfred Cove MLA Janet Woollard in a walking group running for the next three months.

The group will start on March 24 and can be used as training for the Run for a Reason in May.

Dr Woollard said she knew how family and work commitments often made it hard for people wanting to stay in shape.

"I am hoping that a dedicated three-month walking group will encourage people to participate," Dr Woollard said.

"Adults need to spend at least 30 minutes a day being active to maintain good health, while children need at least 60 minutes.

"Only a quarter of adults and less than half of school children are achieving these targets."

Dr Woollard said the group would meet outside her electorate office at 6.30am for a walk along the Swan River foreshore or within the suburbs for an hour.

To register, call 9316 1377.



Alfred Cove MLA Janet Woollard (centre) with walkers Hemi Husni, Eugene Anthony, Acacia Hosking and Frank O'Connell.
Picture: Martin Kennesley www.communitype.com.au 031877