

Walk2Work Day

Wednesday 11 March 2015

Leave the car at home and walk,
bus or train - Aim for 30 minutes
a day - or 10,000 steps

Wellington

- free breakfast and more at the water whirler on the waterfront
- take a morning walk with Mayor Wade-Brown or an urban design forum walk
- take a Parks Week walk
- walk around the Park(ing) Day spots

Kapiti Coast

- check out the healthy action at Coastlands Paraparaumu

Lower Hutt

- take a bus from Wainuiomata and walk with Mayor Wallace
- get the new walk map from Waterloo Station

Carterton

- Supporting healthy travel options



Find out more at:

www.walk2work.org.nz

Regional Public Health
Better Health For The Greater Wellington Region



greater WELLINGTON
REGIONAL COUNCIL
Te Pane Matua Taiao