



Take the bus: it's good for your heart!



Taking the bus helps you to be active everyday!

Being active is an important part of leading a healthy lifestyle. The good news is that it doesn't have to be vigorous - even walking can be great for your health.

According to the Heart Foundation, all it takes is 30 minutes of moderate physical activity, such as brisk walking, on most days of the week to gain health benefits. You can even do your walking in smaller amounts of ten minutes or more. It's easy to take the step towards better health, simply as part of your daily living.

How does taking the bus help you get active?

Taking the bus means walking to the bus stop and on to your destination - a simple way to fit walking into your day. The more distance between the stop and your home, workplace, shops or other destination, the more walking you do and the better it is for your health. The Heart Foundation also suggests getting off one stop earlier and walking the extra distance to your destination.



What are the benefits of walking?



People who enjoy regular physical activity, such as walking:

- Feel more energetic, confident, happy and relaxed
- Are able to sleep better
- Manage their weight better
- Are less likely to have a heart attack
- Have a healthier blood cholesterol level, lower blood pressure and stronger bones and muscles

For more information on how to lead a healthy lifestyle, visit:



**Heart
Foundation**

Heartline **1300 36 27 87**
www.heartfoundation.com.au