

# Knox News—Media Release

## Walking Group Launch

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## *It's time to pound the pavement*

*New walking group gets Rowville roaming*

Knox residents are putting their best foot forward by joining a number of new walking groups which are cranking up the kilometres across the City.

Knox Council, as part of its Healthy Together Knox initiative through Be Active – a VicHealth sport and recreation funded program, has partnered with the Heart Foundation to bring new walking groups to the City of Knox to assist residents increase their physical activity.

A number of free groups are already up and walking in Knox, with local volunteers leading each group through their designated walking route.

Knox Mayor Darren Pearce encouraged residents to put on their walking shoes for their health, particularly with new walking groups coming to the City.

“With 26 per cent of Knox adults not participating in enough regular physical activity, this is an easy way for residents to get active,” Cr Pearce said.

“Even just walking for a short period of time each day can have enormous health benefits.”

“Council is excited at the prospect of this walking network group blossoming and we hope all residents either join a group, or even start trying to get out, get active and get around our scenic community by walking more.”

The latest group to hit the Knox circuit is ‘The Rowville Amblers’ which is set to walk every Tuesday and Thursday from 6pm, launching on 19 August 2014.

**Continued next page**

**MEDIA ENQUIRIES FOR THIS RELEASE SHOULD BE DIRECTED TO ERIN MARIE**

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#KCCQuickFacts

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- Walking can improve health, strengthen community connections, reduce the cost of living, contribute to safer and more liveable communities and even help save the planet.
- Knox has an extensive footpath network with over 1,200km of footpath.
- Knox City Council aims to continually maintain and upgrade the footpath network to ensure that walking is a safe, accessible and viable form of transport.

SOURCE: Click [here](#).



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"As the Taylor Ward Councillor, it is exciting to see this free new walking group established in our local community thanks to the Heart Foundation Walking network," Cr Pearce added.

"The Rowville Amblers will provide another fun and social way for Rowville residents to look after their health."

For more information on walking groups in Knox, visit [knox.vic.gov.au/walking](https://knox.vic.gov.au/walking)

## **Walking Group**

### **Details**

**Where:** Meet at Kelletts Rd Shopping Centre Rowville then a walk around Dandelion Drive.

**When:** Every Tuesday and Thursday

**Time:** 5.55PM

**Distance:** 5kms (approximately 1 hour)

For more information, please contact Be Active Knox Officer Tom Scanlan at [tom.scanlan@knox.vic.gov.au](mailto:tom.scanlan@knox.vic.gov.au) or call Council on 9298 8000 or visit [knox.vic.gov.au/walking](https://knox.vic.gov.au/walking)

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