



#walkWodonga





**#walkWodonga** tells you of the many opportunities where you can exercise in our community.

We'll tell you how to access walking pathways, and what free services there are along these pathways for everyone to enjoy.



## ► BENEFITS OF WALKING

Physical activity built into a daily lifestyle plan is one of the most effective ways to help live a healthy life.

- ▷ Improved physical and cognitive health
- ▷ Increased social connection
- ▷ Reduced traffic congestion and road provision costs
- ▷ Reduced environmental pollution and traffic noise
- ▷ Improved public health and health cost savings

Wodonga has more than 80km of walking paths, providing the perfect opportunity to meander by the river or enjoy one of the scenic routes that link various parts of the city. Or #walkWodonga through our surrounding hills which are in close proximity to the city.





## ▶ SHARED PATHWAYS

Shared pathways can be used by pedestrians, cyclists, motorised wheelchairs, scooters and skaters. To allow all users to enjoy Wodonga's pathways, please note:

- ▶ Keep to the left of the path at all times, unless overtaking;
- ▶ Bike riders and skaters must give way to pedestrians;
- ▶ Beware of unleashed dogs;
- ▶ Travel at a speed at which you can stop easily; and,
- ▶ If you stop, move off the pathway, so others can safely pass you.

### Remember:

- ▶ Keep hydrated - Always carry a water bottle, particularly in hot weather.
- ▶ Be Sun Smart - Wear protective clothing and use sunscreen liberally, especially on the neck, arms and face. Make sure you re-apply often.
- ▶ Be seen/Be safe - Visibility is important day and night. During the day, wear light and bright colours particularly during dusk and dawn. At night, after dark reflective vests or jackets are recommended.
- ▶ Report issues or damage - If you come across an area of the pathway that you consider dangerous or in need of repair, please contact Wodonga Council Customer Focus on **(02) 6022 9300**.



Fit for Parks

Sit Up Bench



**How to Use:**

- 1. Sit on the bench with feet flat on the ground.
- 2. Grasp the handles and pull them towards your chest.
- 3. Lift your head and shoulders off the ground.
- 4. Lower your head and shoulders back to the ground.
- 5. Repeat.

**Warning:**

- 1. Do not use if you are pregnant or have a back injury.

Approved by the City of Walkers

www.walkers.com



## ▶ FREE OUTDOOR FITNESS EQUIPMENT

Wodonga residents can benefit from free and accessible outdoor fitness equipment with two sites in Belvoir Park and a third at Felltimber Community Centre Lake. These locations are well-populated and close to a network of pathways for walkers and cyclists.

▷ **Belvoir Park** (Ruess Rd site)

▷ **Belvoir Park** (Bank St site)

Both suitable for 10 years and older

Equipment:

- Elliptical trainer
- Pull up/leg raises
- Shoulder press
- Body twist
- Leg press
- Dexterity builder
- Step up station
- Shoulder mobility wheel
- Chest press



## ▶ FREE OUTDOOR FITNESS EQUIPMENT

- ▷ **Felltimber Community Centre** (Julia Ronan Park)  
Corner of Felltimber Creek Road and Melrose Drive  
Suitable for 10 years and older

Equipment:

- Elliptical trainer
- Pull ups/leg raises
- Shoulder press
- Body twist

These three sites have illustrated signs with step-by-step instructions as well as QR codes. You can use your smartphone to link directly to instructional videos online.

*Other fitness equipment locations include Willow Park, White Box Rise Estate and Henry Nowik Park.*



## ▶ WALKING GROUPS

The thought of walking alone can be quite daunting, or you might be new to town and looking to meet new people. Wodonga has several walking groups that are always looking for new people to come and get involved:

- Murray Valley Bushwalkers
- Border Bushwalking Club
- High Country Rail Trail
- Albury-Wodonga Orienteering

For further information about walking groups please phone Wodonga Council Recreation team on **(02) 6022 9300** or email [recreation@wodonga.vic.gov.au](mailto:recreation@wodonga.vic.gov.au)

## ▶ MUMS AND BUBS

Mums and bubs fitness sessions are held in a park setting where you can enjoy some outdoor time with your child while improving your fitness. Depending on their age, your child can sit/lie next to you, join in the class, or they can bring a toy or book to keep them busy.

Find out more: [donnamillerfitness.com/group-classes](http://donnamillerfitness.com/group-classes)





## ▶ ANNUAL EVENTS

- ▷ **City2City** – Hume Bank City2City allows you to see both sides of the Border with the option to run 10km or 7.5km, or walk and talk the 7.5km course.  
[city2city.org.au/](http://city2city.org.au/)
- ▷ **Mother's Day Classic** – held on Mother's Day each year, you have the option to walk or run 5km with all proceeds going towards breast cancer research.  
[mothersdayclassic.com.au](http://mothersdayclassic.com.au)
- ▷ **Park Run Albury-Wodonga** – held every Saturday in Hovell Tree Park in Albury. Come and join in a 5km run/walk.  
[parkrun.com.au/alburywodonga/](http://parkrun.com.au/alburywodonga/)



## PATHS

-  Gateway Island/Belvoir Park 9.1km
-  House Creek 4.8km
-  West Wodonga 10.2km
-  Birallee Park 2.5km
-  Felltimber (Loop) 10.9km
-  Yarralumla/Castle Creek 8.9km
-  Rail Trail link 10.6km
-  Baranduda link 9.5km
-  Train Station link 1.2km

# ▶ CYCLING AND SHARED PATH NETWORK



## ON-ROAD

Some paths are on road and represented by a dotted line

- White Box link
- Logic loop
- Bonegilla link

## OTHER INFO

- Benches
- Play equipment
- Toilets
- Information centre





## ▶ KEEP ACTIVE

Whenever you are going somewhere, why not use the opportunity to exercise?

### #walkWodonga Tips:

- ▶ Take the stairs instead of the lift or escalator
- ▶ Make your next meeting a 'walking meeting'
- ▶ Take a brisk walk on your lunch break
- ▶ Exercise while doing chores using household items (steps/cans)
- ▶ Get up and move for a few minutes every hour
- ▶ Walk the kids to and from school
- ▶ Stretch at your desk
- ▶ Ride or walk to work
- ▶ Take your joggers to work

*Wodonga Council is installing new seating at regular intervals on local pathways to provide the community with rest points.*



## ▶ **STAY MOTIVATED!**

If you've started walking then you have already taken your first steps to a healthier and happier you!

We know sometimes it can still be a challenge to keep going once you have started. Some simple ways to help you stay on track and make walking part of your everyday life are:

- ▷ Start small – walk the yard or the block
- ▷ Find new routes
- ▷ Incorporate it into your work or every day
- ▷ Use technology to track your process
- ▷ Set yourself a challenge
- ▷ Don't do it alone



## ▶ APPS AND DEVICES

### Walking apps:

- ▷ MapMyWalk: a fitness tracking application that enables you to use the built-in GPS in your mobile device to track all your fitness activities
- ▷ Every Body Walk: You can use your mobile phone GPS to map and measure your walks and share them with friends. Save and view your history, statistics and maps of your walking routes
- ▷ My Fitness Pal: Manages your exercise and food history – keeping all your everyday needs in the palm of your hand.

### Walking devices :

- ▷ Fitbit
- ▷ Pedometer

*Every Body*  
**WALK!**



My Fitness Pal





PRINTED 2017

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