

Australian Medical Association Limited
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WALK MORE, SIT LESS - A SIMPLE PRESCRIPTION FOR GOOD HEALTH

Walk To Work Day, Friday 13 November 2015

The AMA is encouraging individuals and workplaces to participate in Walk to Work Day tomorrow, Friday 13 November 2015.

AMA Vice President, Dr Stephen Parnis, said today that events such as Walk to Work Day provide people with an incentive to take up regular exercise.

“Physical inactivity is an increasing problem in Australia,” Dr Parnis said.

“Regular physical activity is known to reduce the risk of common and serious pathologies such as cardiovascular disease and stroke, type 2 diabetes, hypertension, some cancers, and osteoporosis.

“Just walking for half an hour a day, five days a week, may prolong life expectancy by up to three years.

“It can improve both short- and long-term psychological wellbeing by reducing stress, anxiety and depression, and there is also evidence to suggest that physical activity may be useful in the treatment of mild to moderate depression.

“Walk to Work Day is a perfect opportunity for people to introduce themselves to the health benefits and enjoyment of walking and being outdoors,” Dr Parnis said.

Details of how to participate in Walk to Work Day are at <http://www.walk.com.au/wtw/how-to-participate.asp>

The World Health Organisation has identified that inadequate physical activity is the fourth leading risk factor for global mortality, after hypertension, tobacco use, and diabetes.

Increasing physical activity by just 10 per cent could lead to cost savings of \$258 million, and 37 per cent of those savings would be in the health sector.

Widespread and effective participation in physical activity across the population could lead to:

- a 50 per cent reduction in the incidence of hypertension, type 2 diabetes, osteoarthritis, and major fractures;
- a 45 per cent reduction in bowel cancer;
- a 40 per cent reduction in the incidence of heart disease, osteoporosis, low back pain, and falls in the elderly;
- a 30 per cent reduction in stroke, depression, and dementia; and
- a 25 per cent reduction in breast cancer.

12 November 2015

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Emergency Physician

Prescriber no.: **GR8IDEA**

Patient's Medicare no.: 0123456789012

Pharmaceutical
benefits
entitlement
number

Safety Net entitlement
card holder
(cross relevant box)

Concessional or dependant
RPBS beneficiary or Safety Net
concession card holder

Patient's name: **Each and every Australian,**
Address: **from the bush to beach,**
country town or city.

Date **13 November 2015**

PBS **x x x**

RPBS **x x x**

Brand substitution not permitted

R_x

Walk more, sit less

**National Walk to Work Day
Friday 13 November**

repeat daily - 365 days a year.

Doctor to sign original and duplicate

Please turn over for privacy note

