

The walk of life



Why not go for a walk after work or on the weekend? Walking fires up your metabolism, improves your energy levels, strengthens the immune system and can prevent heart disease and type 2 diabetes. If you want to get around quicker you can jump on your pushbike.

There are a lot of bike and walking tracks in the Brisbane area. To check them out and to order the free "Active Travel map", [click here for more information](#).

- **Aboriginal culture trails** - Boondall Wetlands / Mt Coot-tha / Peace Park, Nashville
- **Brisbane River run** - Roma Street / South Bank / City Botanic Gardens
- **CBD tree trail** - plants & trees > find out historical details
- **RiverWalk** - 20 kilometres of pathways, roads, bridges and riverside parks

There are ten Connecting Brisbane walking trails as part of the Connecting Brisbane program and Brisbane 150 celebrations.

If you are interested in a training session at a CBD walking track call me, Ashley Dapiran on **0402 267 269** or visit my website: www.brisbanept.com.