

IF YOU WOULD LIKE TO SHARE YOUR STORY WITH YOUR LOCAL MEDIA, PLEASE INCLUDE YOUR DETAILS AND FORWARD THIS MEDIA ALERT TO YOUR LOCAL NEWSPAPER, RADIO OR TELEVISION STATION.

**LOCALS HIT THE STREETS FOR QUEENSLAND’S WALK MONTH, SEPTEMBER 2021**

Everyone who enjoys a good walk, particularly those who discovered a love of walking because of the pandemic, are being asked to share their walking journeys during Queensland Walks Month to celebrate walking and help improve local walking environments.

[Queensland Walks Month](http://www.queenslandwalks.org.au/walkmonth2021), the free community celebration of walking in Queensland which runs from 1 September, is inviting individuals and groups to register and post a weekly walking photo, video or story to be eligible to win prizes, including a $500 catered lunch for your team or group or $50 individual prize packs. One way to win is through the *Snap Send Solve*, the free app that notifies local authorities of maintenance issues that may need addressing.

Queensland Walks Month is hosted by community advocacy group [Queensland Walks](http://www.queenslandwalks.org.au), who exists to improve the health of Queenslanders by encouraging walking every day and promoting better walking environments.

Queensland Walks Executive Officer, Anna Campbell, said Queensland Walk Month aims to celebrate places and people walking every day, and shines a spotlight on why walking provides enormous physical and mental health benefits to Queenslanders. Anna encourages everyone to get involved in Queensland Walks Month as a free and fun activity.

“Queenslanders have always appreciated a good walk but with lockdowns, the pandemic has prompted an enormous increase in walking. People used this free and fun way to stay active with their friends and families and support their physical and mental wellbeing during lockdown which has increased pressure on local authorities to prioritise walking infrastructure like footpaths and safe crossings,” Anna said.

“Walk Month promotes the value of walking for the health and wellbeing of Queenslanders and recognises the importance of making walking safe and accessible for all ages and abilities in local neighbourhoods.”

“We encourage those who walk alone, those who walk in groups, those who walk to work, those who walk to school, those who walk for social or health reasons, and everyone who appreciates the benefits of a good walk, to register for Queensland Walks Month and share their local walking experiences.

“By bringing the walking community together we can improve the conditions and profile of walking in Queensland, identify the value and importance of walking and create more walkable places which will mean more Queenslanders walking!”

People can register for Queensland Walks Month at [queenslandwalks.org.au](http://www.queenslandwalks.org.au/walkweek) It is fun and free to get involved.

Queensland Walks Month is hosted by Queensland Walks, and supported by the Queensland Government, Snap Send Solve,10,000 Steps and Heart Foundation Walking.

**MEDIA ARE INVITED TO COVER A LOCAL WALK:**

Contact Name:

Email:

Phone Number:

Details of your walk:  *please include Date / Time / Location and confirm that everyone in your walk has provided permission to be photographed or interviewed by the media.*