

Walking together for a healthy mind, body and heart

Join Heart Foundation Walking's free national program,
supporting a community of walkers since 1995.

Walking groups

Walking groups offer fun, fitness and
friends in your community.



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Personal Walking Plans

Free six-week tailored plan to support
you on the path to better health.



For more information or to join,
scan the QR code



 heartfoundationwalking.org.au

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