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► Knox Street Orienteering Walkers

Heart Foundation



Heart Foundation Walking Challenge

Of the 233 Heart Foundation walking groups in Victoria, *Knox SOW* was chosen for the promotion of the Foundation's 'Put your Foot Down' challenge that commenced on 1st November.

Heart Foundation Walking App users automatically gain one entry into the prize draw for every 100,000 steps they take during the 5-week challenge period. The prizes include a holiday in Thailand and Rebel gift cards.

The **Knox Street Orienteering Walkers** group meets at 10.15am on the 1st & 3rd Fridays of the month for a one hour orienteering walk exploring different places

in and around Knox. They have maps and walk in teams of 2 to 5 people finding answers to 20 clues. Each clue is worth different points. The teams have to plan their route to maximise their score. This is followed by a cuppa in a nearby café. More details, including the Start/Finish Locations,

are shown on their website. www.knoxsow.org.au
Our November walk was, by request, at a special loca-



tion outside Knox, the Springvale Botanical Cemetery, which is one of Melbourne's largest and most beautiful gardens. It was a warm day with blue sky and all the flowers were in bloom. You could really smell the roses! One team commented, "We never knew this wonderful place existed! We are coming back for Course#2 in a fortnight."

The group's Walk Organiser, David, knows all about heart health and the benefits of walking and eating low carbohydrate food. He had a Coronary Calcium Score CT Xray and, despite having no symptoms, it discovered bad atherosclerosis. He had heart surgery in October and is already back walking.

His average is 6290 steps per day. What's yours? Install the free Walking App on your phone and carry it everywhere to find out. You may be surprised. ■



Walkers adding up their scores and smelling the roses



Debbie & Ian at Clue 12

Boronia & The Basin COMMUNITY NEWS

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NEWS IN GOOD HEALTH & WELLBEING

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