



The Rural City of  
**MURRAY  
BRIDGE**

Bridge to Opportunity

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## MEDIA RELEASE

**Subject:** Community Walkability Survey

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WALKING just 30 minutes most days of the week will significantly reduce heart disease risk for most Australians, so the National Heart Foundation is partnering with local Councils and the community to make walking more accessible and enjoyable for everyone.

The importance of 'walkable' places for exercise was highlighted by pandemic restrictions that required 1.5metres social distancing and other measures to ensure people were able to exercise safely.

'Walkability' describes factors within the built environment that make it convenient, comfortable, and safe to walk, which can either help or discourage walking.

Residents are being asked to complete the National Heart Foundation of Australia's [Community Walkability Checklist](#), for the dual purpose of increased heart health and improved community walking trails.

Rural City of Murray Bridge CEO Michael Sedgman encouraged locals to complete the survey to identify opportunities for planning and infrastructure investment in their neighbourhoods.

"Download the checklist, take it with you on your next walk, and rate the various walkability elements along the way," he said.

"This will help inform the Council, and State Government, on the walkability of your neighbourhood and help identify opportunities for improvement.

"Valued Environments with healthy street design and access to public green spaces make it easier for people to be active and healthy, supporting our Thriving Communities."

The Walkability Checklist assesses safety, comfort, convenience and facilities, by looking at features such as traffic, footpaths, signage and lighting.

The call coincides with [#walktoberSA](#) – a month long celebration designed to take advantage of ideal seasonal walking conditions in South Australia.

Find information on local trails at [Council's website](#).