

**SUNRISE HEALTH SERVICE  
ABORIGINAL CORPORATION**  
ABN 26 778 213 582



## **MEDIA RELEASE**

October 2, 2008

### **SUNRISE GETS ACTIVE TO MAKE A DIFFERENCE**

Staff from Sunrise Health Service will be setting the standard for health lifestyles and the environment when they walk to work tomorrow, October 3, 2008 as part of National Walk to Work Day.

The national event promotes regular walking and physical activity for better health and a cleaner environment by reducing emissions by not using the car.

Staff will be leaving their cars at home and walking from the truck bay on the Stuart Highway (between the YMCA and Maluka Road), up the main street to the Sunrise office at Pandanus Plaza on First Street.

Sunrise Health Service is committed to promoting walking as a healthy activity to improve physical, mental and social health as well as the environment and hope their participation in the event tomorrow raises awareness of the benefits of regular physical activity.

Irene Fisher, Chief Executive Officer at Sunrise Health Service said the event is a great opportunity for the people of Katherine to get out and get active to improve their health and the environment.

“Sunrise will be supporting the event this year and we hope that our participation will encourage other organisations to get involved and make this a regular healthy and environmentally-friendly activity.

“Walking is a great form of low impact exercise that when undertaken regularly can make huge improvements to a person’s physical, mental and social health. Additionally, the environmental benefits of walking instead of driving around town can help improve air quality by reducing unnecessary vehicle emissions.”

Sunrise Health Service is a community-controlled health service that advocates for, and works in partnership with other organisations and the community to provide and enhance equitable access to culturally-appropriate primary health care services for people in the region east of Katherine.

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*High resolution digital photos of Sunrise Health Service staff walking to work can be made available on request.*