



The Tongala Walkers celebrate a year of being fit and healthy at their usual hangout in the Tongala Sound Shell.

# Way to go Walkers

The Tongala Walkers are one year strong and looking healthier than ever.

Group members have been meeting every Thursday for the past year at the Tongala Sound Shell to walk two laps of the Heritage Walk, followed by a cup of tea.

And the group, which Ton-

gala Health initiated in February last year, celebrated one year of making physical activity regular and enjoyable last week with a special morning tea.

Family and friends of the group's 22 members gathered to celebrate their achievements, including those who

had reached their 25-walk milestone through the walker recognition scheme.

Walkers also received Heart Foundation walking t-shirts provided by the Greater Murray YMCA Heart Foundation Walking co-ordinator for their continued motivation and

dedication to their weekly walk.

Kyabram District Health Service co-ordinates Heart Foundation Walking locally.

Anyone interested in being involved in the group should come along to a session every Thursday at 9 am at the Tongala Sound Shell.