

Park and walk

Park the car away from the entrance to the centre.



Push the trolley back to the car.



Park and walk

Park a block away from where you want to go.



Do your shopping or errands

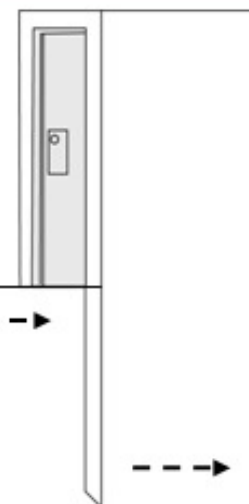
Climb the escalator or stairs



Climb the escalator or stairs.



Do your shopping



Take the lift and walk to the car.



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote physical activity

Target group:

This resource is designed to be used by Australians adults & adolescents.

Notes:

This resource is designed to be printed A3 size and then laminated.

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