



**Attention all Women
who want friendship,
fun, and wellness.
Wonder Walkers is for you!**

Dame Susan Devoy and her friend and colleague Paula Thompson, launched the website www.wonderwalkers.co.nz as the centre point of their national campaign to encourage women to walk. After a long and successful professional sporting career Susan wanted to keep exercising but it had to be fun at the same time. Walking was the perfect solution. "After a crappy day in the office or a tough day with the kids, we'd get out and walk, striding off our stresses. No cost, no fancy equipment, no drive to the gym and, best of all, we could talk while we walked," Susan says. From Kaitia to Invercargill, women of all shapes and sizes are taking up the challenge and making a difference to their lives.

Did you know?

Most New Zealand women do not get enough exercise. Wonder Walkers is aiming to change that in a fun and enjoyable way, one step at a time!

So where do you go for more info about Wonder Walkers?

Our website www.wonderwalkers.co.nz is fun and easy to navigate and contains information to get you started or to help you keep walking. Jump online to find great walking tracks that showcase our beautiful country and walking groups near you that you can join **WALK INFO**. There are always things happening so if you are interested in **EVENTS** you will have plenty to choose from. Chatting on the **FORUMS** is an excellent way to meet new women, add new walks that others can enjoy or to find a Walking Buddy. Our **EXPERTS** are available to answer questions about walking, health and wellbeing and you can plot your walking progress on our **WALK DIARY** around NZ or along the Great Wall of China. You can also follow the cheeky weekly soap-style instalments from a fictional walking group - **STRIDES**.

WONDER WALKERS is all about supporting you to walk because its good for you, your friends, the environment and its **FREE!**

Join the Movement!!!!.

WE NEED YOUR IDEAS! Wonder Walkers is always developing so we look forward to your contributions, suggestions and ideas to the site so it can grow to become a one stop shop for Women and Walking.

Feel free to email us on info@wonderwalkers.co.nz if you have any questions about Wonder Walkers.

