

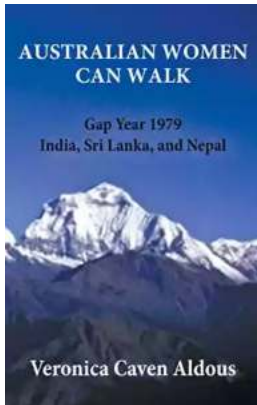
# Australian Women Can Walk: Empowering Women through Fitness



Walking is a simple yet highly effective form of exercise that can benefit people of all ages and fitness levels. In Australia, a growing movement called "Australian Women Can Walk" has emerged, aiming to empower women through the power of walking. This grassroots initiative is rapidly gaining popularity, bringing women from various backgrounds together to improve their physical and mental well-being. In this article, we will explore the origins of Australian Women Can Walk, discuss its benefits, and highlight some inspiring success stories.

## Origins of Australian Women Can Walk

Australian Women Can Walk began in 2015 as a small community walking group in Sydney. Its founder, Sarah Thompson, recognized the need for a supportive environment where women could come together to engage in regular physical activity. She started by encouraging her friends and family to join her in daily walks, and the group quickly grew in size as the word spread.



## AUSTRALIAN WOMEN CAN WALK : Gap Year 1979 India, Sri Lanka and Nepal

by Veronica Caven Aldous(Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English  
File size : 8903 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 263 pages  
Lending : Enabled



Thompson's vision was to create a community that would enable women to overcome common barriers to exercise, such as lack of motivation, self-consciousness, and limited access to fitness facilities. The initiative gained momentum as more women began to experience the physical and mental benefits of regular walking. Today, Australian Women Can Walk comprises over 100 local chapters across the country, with thousands of women actively participating in the movement.

### **Benefits of Australian Women Can Walk**

The benefits of Australian Women Can Walk extend far beyond physical fitness. Walking has been scientifically proven to reduce the risk of chronic diseases, such as heart disease, diabetes, and certain types of cancer. Moreover, it improves cardiovascular health, boosts metabolism, and helps in maintaining a healthy weight.

However, the positive impact of Australian Women Can Walk goes even deeper. The supportive and inclusive environment created by the movement fosters a sense of community and friendship among its members. Walking together allows women to connect, share their stories, and provide emotional support. Many participants report increased self-confidence, reduced stress levels, and improved mental well-being as a result of their engagement with Australian Women Can Walk.

## **Inspiring Success Stories**

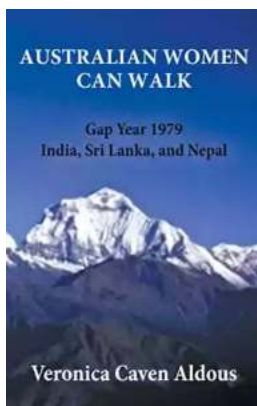
One of the most inspiring success stories that emerged from Australian Women Can Walk is that of Jenny Roberts, a 45-year-old mother of three. Jenny had been struggling with her weight for years and felt disconnected from her own body. After joining her local chapter, Jenny started walking regularly and gradually adopted healthier eating habits.

Over a period of 12 months, Jenny lost an impressive 30 kilograms, but her transformation extended beyond the physical. She regained her self-esteem, found a new purpose in life, and made lifelong friends through Australian Women Can Walk. Today, Jenny leads her own walking group, helping other women overcome their own barriers and achieve their health goals.

Another heartwarming success story is that of Lisa Taylor, a breast cancer survivor. After finishing her treatment, Lisa struggled with the emotional aftermath

and didn't feel comfortable returning to gym classes. She stumbled upon Australian Women Can Walk and decided to give it a try. The supportive atmosphere and camaraderie helped Lisa rebuild her strength, regain her confidence, and come to terms with her new normal. She attributes her mental and physical recovery to the power of walking and the incredible support offered by the movement.

Australian Women Can Walk has become a driving force in empowering women across Australia. By promoting regular exercise through walking, the movement not only improves physical fitness but also nurtures a sense of belonging, support, and friendship. The numerous success stories emerging from this grassroots initiative highlight the profound impact it has on women's lives. So, if you are an Australian woman looking to improve your overall well-being, join Australian Women Can Walk today and discover the incredible transformation it can bring.



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In 1979, 22-year-old Veronica Caven flew from Melbourne with two friends from art school for a gap year adventure. They planned to travel across Asia, perhaps to Europe, but had no firm itinerary. After six weeks, Veronica and her friends separated, but she carried on, exploring India, Sri Lanka, and Nepal on her own. The diary she kept during this transformative time has been adapted into *Australian Women Can Walk*.

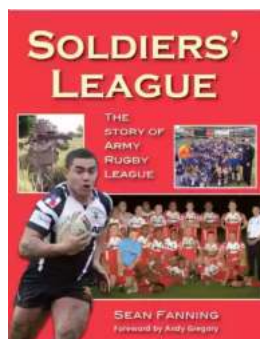
Set during the final days of the hippie trail, this is a story of resilience and self-discovery with side dishes of naivety, anxiety, risk, grit, romance and humour. From relaxing on a houseboat in Kashmir, to an intense trek up to a Himalayan glacier, to a pilgrimage to the “yoga capital of the world”, to checking out the scene on Freak Street in Kathmandu, Veronica’s travels introduce her to many wondrous sights and interesting people. And the young woman who began her journey as a sheltered student with no shortage of existential questions grows in confidence and courage as she experiences life in one of the most challenging yet rewarding and varied environments on earth.

With some of the author’s photographs and sketches included, *Australian Women Can Walk* offers an immersive experience of an extraordinary place and time. At this present time in history, we now find ourselves in great need of inspiration, renewal, and meaningful connections. There are so many beautiful places and people in the world, and this book reminds us of it.

Veronica Caven Aldous is an artist and writer based in Melbourne, Australia. In addition to this memoir, her writing experience includes graduate and postgraduate research, media releases and essays for her art practice, and articles for a feminist art magazine. She has been a teacher of Transcendental Meditation since 1983 and has a long-standing interest in Vedic literature. Veronica has visited and worked in India many times since 1979. Her most recent

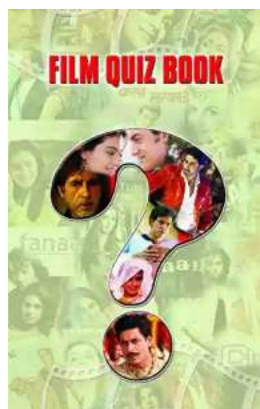
trip was to consider links between Vastu architecture and her practice-led studio art PhD in 2011. More at:

[veronicacavenaldous.com](http://veronicacavenaldous.com)



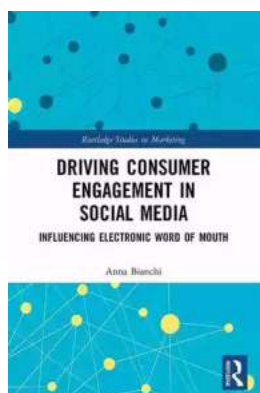
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