

# critical x mass



**SPECIAL PRE-CHRISTMAS  
SHOPPING TOUR 'ROUND  
THE CBD...**

## **Fattest nation on earth? - Cycle or walk instead**

With Australia set to become the fattest nation on earth (Herald 12/12/00) it must surely be time for all of us to take some responsibility for the problem. A big contributor now is that people drive everywhere rather than cycling and walking for shorter journeys.

According to the Heart Foundation people who do no regular physical activity are almost twice as likely to die from coronary heart disease as those who exercise. Gentle exercise for 30 minutes a day is all that is required to combat obesity, heart disease and also depression.

**Meet at HYDE PARK FOUNTAIN  
@ 5:30pm Friday 22nd December  
Bring your bike, and prepare for a  
fun fast ride straight thro' the city**

don't be a wallflower, it's time to act: Cycle for Cleaner Skies



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