October 6 2005.

It’s Mills on wheels!

On your bike! That’s the alternative message from the Member for Blain, Terry Mills, to help celebrate the Heart Foundation’s walk-to-work campaign.

Mr Mills will ride from his home in Palmerston to Parliament House on Friday morning in support of the campaign.

“If I were to walk to work for my Friday meetings in town I would have to get up at 4 a.m.!’ I need my beauty sleep!” he said.

“At a time of an alarming increase in obesity among young Territorians in particular, the walk-to-work campaign makes the important connection between good health and fitness.

“But let’s not just do this for a day. Let’s make this a life-long habit. I hope that this campaign will stir more people towards moderate exercise – on a regular basis.”

Mr Mills, who is the patron for NT Cycling, will be using the excellent cycle paths between Palmerston and Darwin and will avoid the main roads.

“The Top End is largely flat and has an ideal climate for cycling,” he said, “and with fuel prices at such high levels there is a double benefit from cycling or walking to work.

“In the interests of fitness, fuel saving and safety I would like to see improved cycle access alongside our major arterial roads – as is the case in other modern cities.”