

SILVER SALTIES



JOIN SILVER SALTIES! FUN, SAFE, SOCIAL AND HEALTHY!



Silver Salties is a physical activity and social connections initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Aus – Better Ageing Grants Program. Older Australians are a diverse group and could be any age e.g. 65yr+ or younger!

Silver Salties includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf which cater for older Australians regardless of their age, weight, mobility, fitness and experience. Morning tea afterwards is always encouraged too!

Silver Salties is:

- Social and fun
- Free surf life saving community membership
- Friendly, safe and beneficial activity
- A small time commitment
- For all older Australians in the community!

JOIN THE SILVER SALTIES PROGRAM AT: and be part of the surf lifesaving community!



Beach Fitness

Objective To promote the physical and social health benefits of a 30+ minute group fitness session on the beach incorporating moderate strength, balancing and flexibility activities.

Duration

Day/s & Time

Cost

Meeting place

Intensity

Moderate

Format

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader – 5min
- Warm-up including brisk walk or easy jog and stretches – 5min
- Beach Fitness Session including a circuit of moderate, strength, balancing and flexibility activities – 20 - 30min
- Cool-down including brisk walk or slow jog and stretches – 5min
- Morning / afternoon tea – participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

INSERT LOGO HERE

sls.com.au/silver-salties



MOVE IT AUS
BETTER AGEING
GRANT