



SILVER SALTIES

Walk and Talk

Objective To promote the physical and social health benefits of 30+ minutes of moderate physical activity by doing a group coastal walk as well as connecting with the Surf Life Saving Club.

Duration

30min –
45mins

Frequency

Weekly

Program

10 weeks (or
ongoing)

Place

SLS Club meeting point
near park/green space

Intensity

Moderate. Suitable for participants who, at a minimum, have good mobility e.g. independent mobility and good range of movement, and sound fitness.

Speed

The walking group will cater for all speeds i.e. slow, medium and fast with a staggered approach e.g. faster walkers invited to go at the front etc. No participants will be alone.

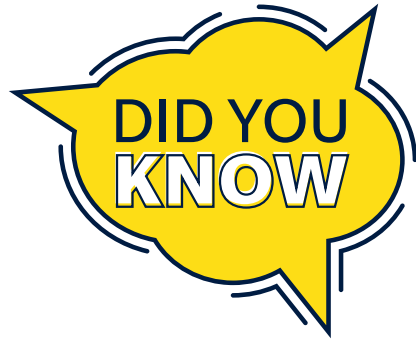
A Typical Session

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader – 5min
- Overview of walking route and the WALK option and TALK topic for the session by SLS Club Leader – 2min
- Warm-up including slow walking and gentle activities – 5min
- Walk and Talk - 15-30min (See Walk options and Talk topics)
- Cool-down including slow walking and gentle stretches – 5min
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

Safety

All participants should:

- Consult with their doctor before participating
- Be sun-safe and wear comfortable clothes, socks and shoes
- Bring any medications, asthma puffers, and water
- Be able to talk while walking (moderate intensity).



**Walking for 30min
= approx 3000 to
4000 steps**

Walking helps to reduce stress, be more alert, have a healthier body and build strong relationships. It also helps you feel stronger, more energetic, happier and improves your overall quality and enjoyment of life.

Source: <https://walking.heartfoundation.org.au/benefits-of-walking>, viewed 09/08/19.



Australia's Physical Activity and Sedentary Behaviour Guidelines suggest people 65yr+ do 30min of moderate physical activity, like brisk walking, on most days.

A group walk could align to various charity/ environment events e.g. *Walk for Daniel Day*, *Clean Up Australia Day*.

10,000 steps are a daily goal for healthy adults but many adults, including 65yr+, are not meeting this goal for varying reasons e.g. mobility, fitness, safe paths, choice etc.



The Heart Foundation has a free Heart Foundation Walking APP which anyone with a smartphone can access.

Any physical activity is better than none, so more steps each day is a great goal!

WALK OPTIONS

Distance challenge

Walk for a set amount of time and see how far you get!

Timed challenge

Walk to a landmark eg lighthouse and see how long it takes

Senses challenge

Walk to a landmark and become aware of your senses-sight, hearing, touch, smell & taste

Exercise challenge

Walk and stop at different points to do gentle exercises

Pedometer challenge

Walk with a pedometer to see how many steps you take on your walk

Pace challenge

Walk and change pace at different intervals as directed eg slow, medium, fast

Weights challenge



Walk and carry a weighted item in hand eg hand weights, bottles of water



Technology

What technology do you like? Miss?



Family

Current Affairs

What is your opinion on today's news?

Travel

Where have you travelled in Australia? Overseas?



Television



Authors

Movies

What was the last movie you saw at the cinema?

Career

What have you done career-wise?

