



# 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.

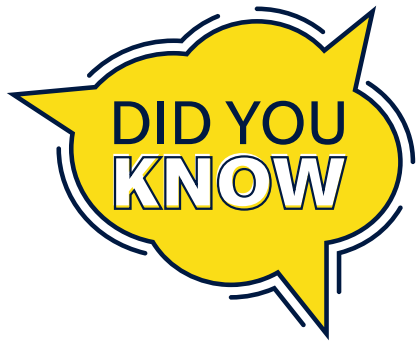
### Safety

#### 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?

