



SILVER SALTIES

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

30min – 45mins
per session

Frequency

1-2 sessions a
week

Program

10 weeks

Place



Beach on level sand

Intensity



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

Safety

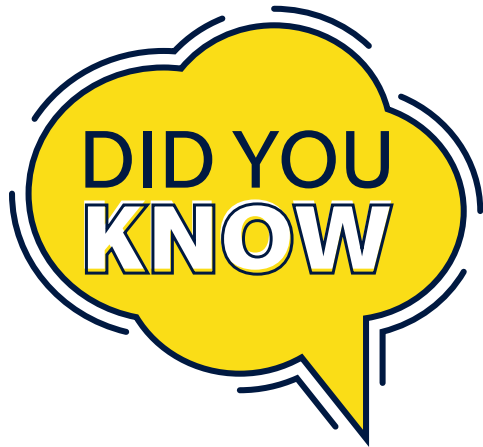
All participants should:

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

A Typical Session

- 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 (see examples in table on next page) – 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.

Fitness is defined as *‘the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.’*



PEOPLE WHO ARE 65YR+ SHOULD:

Do some form of physical activity, no matter what their age, weight, health problems or abilities.

Be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.



Accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.



Carry on doing vigorous physical activity if they are used to it in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

Start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.

MODERATE ACTIVITIES for your heart, lungs and blood vessels

- Brisk/dynamic walking on hard or soft sand
- Light jog on soft sand
- Step ups
- Jumping jacks
- Side to side lunges with punch
- Front kick plank
- Lateral hops

STRENGTH ACTIVITIES to help maintain bone strength

- Hand strength activities e.g. squeezing ball
- Arm raises
- Walking lunges
- Leg raises e.g. side, back
- Wall push ups
- Sit to stand
- Sit ups

BALANCING ACTIVITIES to improve your balance and help prevent falls

- Stand on one foot
- Walk heel to toe along a line in the sand
- Eye tracking
- Marching on the spot
- Heel raises
- Balancing wand
- Grapevine dance move

FLEXIBILITY ACTIVITIES to help you move more easily

- Body circles
- Shoulder rolls
- Neck side stretch
- Chest stretch with physio/rubber band
- Overhead reach
- Reach behind and aim to touch hands together
- Ankle circles
- Yoga poses e.g. rag doll, warrior, tree pose
- Crossing the midline movements

Source: Australia's Physical Activity and Sedentary Behaviour Guidelines <https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines#npa%2065>, viewed 15/08/19