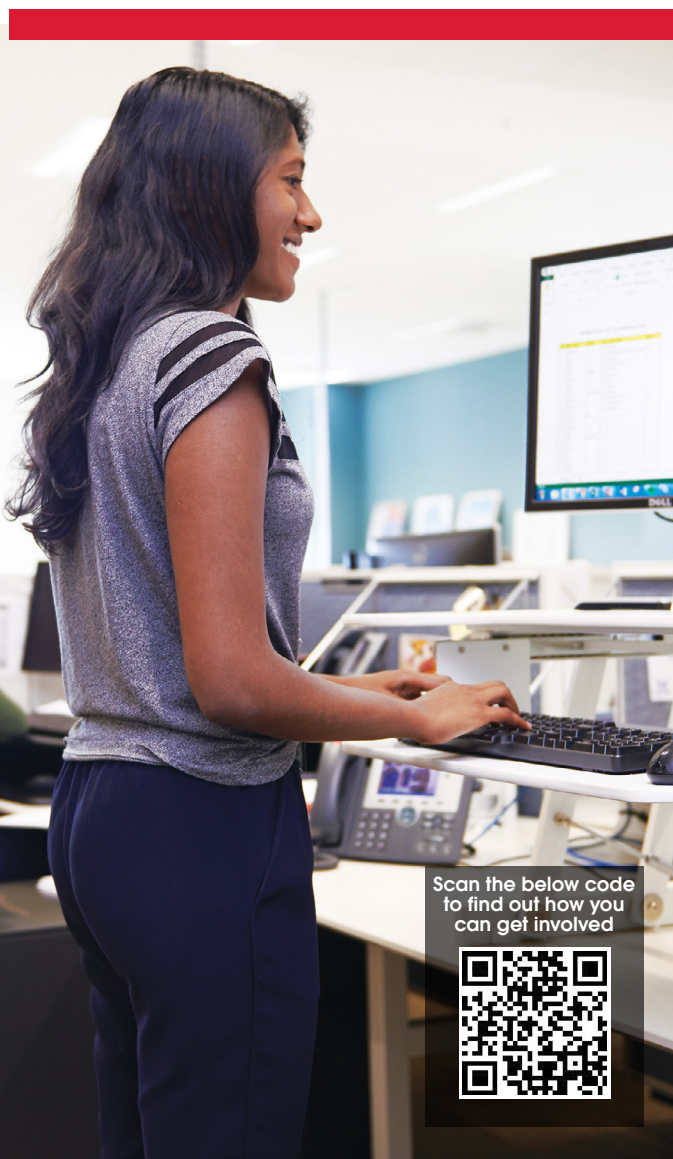




Join Heart Foundation Walking as a Host Organisation



Scan the below code to find out how you can get involved



Discover Australia's largest free walking program

There are a number of groups nationwide, ranging in size, meeting times and duration to suit a range of needs and abilities.

Many of our walkers join to become more active, but Heart Foundation Walking is not just about the physical benefits – walking in a group helps our walkers:



Build connections within their community.



Maintain better physical and mental health.



Feel happier.



Improve their quality of life.

"Hosting a walking group gives us a really personal and positive way to connect with our customers. What's most heart-warming is providing a social environment for our customers to meet new people and seeing relationships flourish."

Sara Smith, Apia



What is a Host Organisation?

Every Heart Foundation Walking group has a Host Organisation behind it. One thing these organisations have in common is a passionate commitment to keeping their community or client base active and healthy.

Your role as a Host Organisation is to offer a virtual “home base” for the program and nominate a Local Coordinator.

Local Coordinators

Employed by the Host Organisation, Local Coordinators are a contact point for existing walking groups and/or others in the community interested in starting a Heart Foundation Walking group.

Local Coordinators:

- Support and promote Heart Foundation Walking groups locally.
- Understand and promote the benefits of walking.
- Work with the Heart Foundation to recruit and train new volunteer Walk Organisers.
- Celebrate local group and walker achievements.

But they don't do all this valuable work alone – the Heart Foundation is there to support them every step of the way!

Benefits of becoming a Host Organisation

- Form genuine connections with your local communities.
- Improve your corporate image and boost your brand through social involvement.

Heart Foundation Walking can help Host Organisations meet a range of other business goals.

- Help build inter-sectoral partnerships and deliver health promotion programs to your local community.
- Provide data to measure participation, impact and evaluate the programs success in your community.

How much time does it take?

To become a Host Organisation - nominate a staff member who will undertake online training; this shouldn't take more than 30 minutes.

To keep it going - for general maintenance and engagement one to four hours per month is recommended. This can vary depending on capacity and the number of groups active in the area.

Why Heart Foundation Walking?

We will support you with:



Downloadable marketing tools and promotional templates.



Invitations to Heart Foundation Walking events.



Regular electronic updates with the latest walking and heart health information.



Access to educational webinars.



A free start-up kit, including Heart Foundation merchandise.



Online profile including access to group and participant statistics.



Assistance with incident reporting and procedures relating to risk management and insurance.

"I am finding being a Local Coordinator lovely as I've met so many wonderful likeminded people across our local groups here. Walking with the Heart Foundation Walking groups always lifts my mood!"

Andrea White, Local Coordinator



Ready to get your community active?

To contribute to the health and wellbeing of your community and improve your own heart health visit hrt.how/host-org, email walking@heartfoundation.org.au or call the **Heart Foundation Helpline on 13 11 12.**

"A lot of people think the council is just there to collect rates and manage parking. But as a host for Heart Foundation Walking, we are seen as being active and interested in encouraging people to develop healthy lifestyles."

Jim Binder, Local Coordinator



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