



# Volunteer with us, it's good for your health



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



## Volunteering with Heart Foundation Walking is good for your health

According to Volunteering Australia, 95% of volunteers say giving their time to support an organisation or cause is linked to feelings of wellbeing.

Studies show that volunteering is linked to:



Better physical and mental health.



A better night's sleep.



Powerful and positive emotional feelings resulting in a "helper's high".



A healthier and longer life.



## Leading the fight to save Australian hearts

You can help the Heart Foundation to lead the fight to save Australian hearts. The Heart Foundation supports Australians living with heart disease by funding critical research into the causes, prevention and treatment of heart disease, as well as running vital prevention and support programs that help to save lives. By volunteering you are helping a leading Australian charity.

## Discover Australia's largest free walking program

Since 1995, thousands of men and women have walked with Heart Foundation Walking – Australia's largest free walking program.

There are many 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 the program is about more than just the physical benefits – walking in a group helps walkers build connections within their community, maintain good mental health, manage stress, feel happier and improve their quality of life.

## Heart Foundation Walking Volunteers

We couldn't keep Heart Foundation Walking accessible and free without the incredible support of our local volunteer Walk Organisers. Each volunteer plays a vital role, with support from an organisation and the Heart Foundation.

Walk Organisers are role models within their community. Each volunteer is prepared, committed and is seen to 'walk the talk'.

### Heart Foundation Walk Organisers:

- Set the day, time, duration, pace and meeting point for their group.
- Welcome and walk with new and existing walkers.
- Keep walkers up-to-date with walking news and information from the Heart Foundation.
- Receive free Heart Foundation Walking merchandise.
- Can be supported by additional Walk Organisers.
- Are covered by Heart Foundation Volunteer Insurance.

## What our Walk Organisers have to say:

*"I'm always receiving positive feedback on how the walks are helping people in the community with issues such as social isolation and confidence levels. I feel very privileged to be part of this program."*

*"I am a local volunteer Walk Organiser. I arrange the route, times and days for the walks and act as a point of contact for the Heart Foundation to stay in touch with my walking group."*

*"I feel fantastic! I have the motivation to get up and go and am doing things that I could not do before, and it has turned my life around."*

*"Walking got me off the couch and out of the house. I enjoy the people I meet every week and creating friendships. I like walking as it is a great stress reliever."*

## Ready to volunteer?

To contribute to the health and wellbeing of your community and improve your own heart health:

Visit [hrtf.how/lead](http://hrtf.how/lead)

Email [walking@heartfoundation.org.au](mailto:walking@heartfoundation.org.au)

Call the **Heart Foundation Helpline** on **13 11 12**.



**Terms of use:** This material has been developed by the National Heart Foundation of Australia (Heart Foundation) for general information and educational purposes only. **It does not constitute medical advice.** Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication. Please refer to the Heart Foundation website at [www.heartfoundation.org.au](http://www.heartfoundation.org.au) for Terms of Use.

©2021 National Heart Foundation of Australia ABN 98 008 419 761



Proudly supported by

