

Heart Foundation Walking



Welcome to Heart Foundation Walking Newsletter – Edition 1, 2019

Make the switch

The Heart Foundation is always on the lookout for ways to reduce our ecological footprint and administration costs. A great way to do this is by contacting our many communities via email, instead of paper.

Choosing to receive our monthly Heart Foundation Walking e-newsletter will ensure you are among the first to receive the latest walking news, heart health information and details of upcoming events.

Please provide your email address to support our aim to reduce our environmental impact by reducing our paper consumption. To receive the newsletter via email, simply contact **walking@heartfoundation.org.au** or call **13 11 12** to let us know.

Activate your April

Are you and your group looking for a little inspiration to get moving this April?

Our MotivApril challenge aims to add some spark to your step by encouraging you to complete eight group walks, or 250,000 steps during the month of April.

To take part with your group, simply record your group walks as per normal. If your group completes eight group walks throughout April, you will automatically go into the prize draw to win one of four \$500 Bunnings vouchers.

You can also participate as an individual walker by downloading the free Heart Foundation Walking app. Simply register on the app (you'll find it in your app store), and start tracking your steps. If you walk 250,000 steps throughout April you'll also go into the prize draw.

If you or any member of your group does not want to be part of the challenge, go to your profile page on the website and tick the 'opt out of challenge' box.



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Australian Government



Queensland Government

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Stories from our walking groups



Tasmania

'Clarence Walk and Talk Group' and 'Sorell Walking' members (27 in total) enjoyed a 6 km coastal walk at Orford to celebrate Seniors Week (October 2018). They finished the walk with a lovely shared lunch at the beach.



Western Australia

'Leschenault Walking' recently celebrated their 10th anniversary. In those years, the group has grown from four to over 30 walkers and enjoyed a variety of walks on deserted beaches, bush areas and alongside rivers and estuaries.

New friendships and interests have developed and while the highs in each other's lives have been celebrated, support has also been given to help each other through the lows. From humble beginnings of choosing an activity to improve fitness, they have become a happy, caring group that encourages each other to keep body and mind fit.



Queensland

Wendy Sue San recently reached the significant milestone of 1000 group walks. As an original member of 'The Heart Beats Qld', she is the first in the group to do so.

Wendy's energy and her bubbly walk-and-talk inspires her team and uplifts spirits. She takes a keen interest in nurturing everyone, checking up on them and initiating regular contact. 'The Heart Beats Qld' thank Wendy for enriching their lives and her unselfish contribution and commitment to Heart Foundation Walking.

On their 7th birthday, 'Stockland Burleigh Walkers' enjoyed cake and were entertained by an original poem by member Laurie Poulton. The 17 verses celebrated the group and singled out several members for a rhyming roast. Here is an excerpt:

*There`s this mob down at Burleigh.
They`re a Heart Foundation group.
They walk around the shopping centre in one big loop.
They are all very nice people from all walks of life
and many a skill.
Today I`ll tell you about a few of them to give you
the good drill.*

*Some of us are fairly senior,
we`ve been around 3 score years and a lot more.
So my wish to all of you today, is may God bless you
but that will happen I`m sure.*

*So the drill is keep happy
and continue to meet like this.
It`s good to be able to laugh a lot,
it makes life a real bliss.
I hope we`ll still be together
for years to come and more,
but if that`s too much to ask,
well at least another seven for sure.*





South Australia

In 2018, 'Wisemovers' walker Lorraine Dargatz won the state Austswim Award of Teacher of Aquatics – Access and Inclusion in South Australia. Lorraine has been teaching disabled children to swim for 30 years. Pictured is Lorraine with her award (right), and with the Wisemovers group (seated far right).



The 'Encounter Bay Strollers' have been strollin' for ten years and grown from five to 31 walkers. Led by Kevin Rucioch OAM, they meet three times a week and walk 5km along the scenic beachfront. While they enjoy the fresh air and exercise, the big reward at the end of the walk is socialising at their favourite café – Chat & Chino.



The Channel 7 Sunrise weather crew were in Renmark in November. The 'Happy Wanderers Renmark' managed to get a brief interview on national TV with Sam Mac!



Victoria

'Traralgon Walking' started in 2008 with three members and has since grown to over 60! They walk rain, hail or shine and socialise by celebrating birthdays and enjoying trips away.



Edna Sheppard celebrated her 97th birthday in January. Edna has been walking with the 'Hume R Us Walkers' since 2010 and walks each and every week. Edna is also involved in other programs at the Broadmeadows Aquatic and Leisure Centre.





New South Wales

Judy Innes has been an active member of her Kempsey Heart Foundation Walking group since 1998. Judy had been an avid tennis player for some time but when her body told her to steady-up, she saw walking as a good alternative. Walking gave Judy the opportunity to meet new friends while she exercised and soon after joining the group she took on the Walk Organiser role. Twenty years later, she still leads the group in fine style.

In 2010 Judy's husband of 51 years passed away. The loss of Mal was a tremendous blow but Judy promised herself that she would remain committed to the group, which provided friendship and support.

Judy turned 80 on 4 November 2018 and a special luncheon was organised by walking group members – her 'fans'! – to celebrate.



On track to walking success

For over three years, the 'Iluka Walkers' lobbied council for a new pathway to the beach. In December, the second half of the pathway from the hotel to the beachfront in Iluka was officially opened.

The walking group has also worked to carve out two bush tracks that can be completed in conjunction with the pathway. The first one follows the original Moriarty wall and the second starts where the remains of the original wagon wheels are to be found. The track heads north through the bush following parts of the old rail line to Iluka bluff where much of the rock for the north wall originally came from. The track finishes at the main beach car park where you can re-join the cement path.



Shortly the local history group will provide an interpretative sign to be erected at the wheels which will outline the history of this rail project and its importance to the town.

This is a wonderful example of a community working together to make their local area more walkable for everyone. The Heart Foundation also works closely with local government and urban planners to build an environment that helps us all to be more active. Find out more at healthyactivebydesign.com.au



Walking with your furry friends

Getting out and about with our four-legged friends can help with commitment and motivation.

If you are taking your pup along to a group walk, remember you are responsible for it. To keep everyone in the group comfortable and safe, please ensure:

- your walking group is a dog friendly group (if you are unsure, chat with the Walk Organiser)
- your dog is wearing a valid ID and registration tag
- your dog is kept on a leash at all times
- you are prepared and able to keep physical control of your dog at all times
- you abide by any regulations in the area regarding dogs
- you clean up after your dog.



Celebrating your journey with us

Heart Foundation Walking is improving the way we recognise walking group anniversaries. Previously we posted an annual certificate to Walk Organisers, but from early this year we started celebrating group anniversaries on our website and in our monthly e-newsletter. Walk Organisers receive an email each month to let them know when their group anniversary is coming up.

We love to share your photos and milestone achievements with our community of walkers! Email your stories to walking@heartfoundation.org.au



From the Heart Foundation Shop

Heading to the shop, park or beach? Then here's the perfect bag loaded with 'goodies'. Water resistant inside and out, this bag includes:

- internal purse for valuables
- Yeti cooling towel
- Heart Foundation shoelaces
- 450ml drink bottle
- charm key-ring
- velcro paddle ball game

Valued at \$57.00, this is now available as gift offer for \$28.00. Visit heartfoundation.org.au/shop or call **13 11 12** for more information and to order.



Almond & oat crusted salmon with vegetable kebabs



Serves 2

Preparation time: 25 minutes plus
30 minutes soaking time

Cooking time: 30 minutes

Ingredients

2 x 100-120g salmon fillets
1 tablespoon rolled oats
1 tablespoon almonds
1 tablespoon fresh dill
2 teaspoons lemon zest
1 teaspoon lemon juice
1 tablespoon olive oil

Vegetable Kebabs

6 Bamboo Skewers, soaked in water
for 30 minutes
1 medium red capsicum, halved,
seeded, cut into chunks
1 zucchini, cut into chunks
½ red onion, cut into chunks
6 cherry tomatoes
2 cloves garlic, minced
½ teaspoon freshly cracked black pepper
2 lemon wedges, to serve

Method

1. Preheat oven to 18°C. Line a small baking tray and a large baking tray with baking paper. Set aside.
2. To prepare salmon crust, place rolled oats, almonds, dill, lemon zest, lemon juice and olive oil in a mortar and pestle and pound until paste forms. If you don't have a mortar and pestle, a small food processor can be used instead.
3. Place salmon fillets onto prepared small baking tray and press crust on top. Bake in the oven for 10-15 minutes until salmon is cooked and crust is golden.
4. To prepare vegetable skewers, place capsicum, zucchini, red onion, cherry tomatoes, garlic and pepper into a small bowl and toss to combine. Thread the vegetables onto 4 skewers.
5. Place vegetable skewers onto the prepared large baking tray and bake in the oven for 10-15 minutes until vegetables are roasted and cooked through.
6. Serve salmon with vegetable skewers and a lemon wedge.

For more health recipes visit heartfoundation.org.au/recipes or call the Heart Foundation's Helpline **13 11 12**.

The Heart Foundation acknowledges the Traditional Owners and custodians of Country throughout Australia and their continuing connection to land, waters and community. We pay our respect to them and their cultures, and Elders past, present and future.

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