

Thank you for walking
with us in 2019.

Let's continue to step
it up in the new year!

Welcome to the Heart Foundation Walking Newsletter – Edition 2, 2019

3 muscles getting a workout while you walk

We can all feel our leg muscles building up as we go on our walks each day – and, of course, here at the Heart Foundation we talk most about the impact of walking on our heart (technically a muscular organ).

But as you walk, your body is benefitting in many different ways and your muscles are working in ways you might not expect. Here are 3 muscles which help you to walk and benefit from your daily exercise.

1. Glutes or the muscles of the buttocks.

There should be no surprise that the Gluteus maximus, the largest of the glute muscles that helps extend the leg, is involved in walking. It is responsible for slowing down the leg as our foot strikes the ground.

However, it is the role of the smaller glute muscles which is most interesting. The gluteus medius and minimus, located deeper in the hip, work to pull the leg sideways away from the body and help control the position of the pelvis. During walking they have an important role in keeping the pelvis stable when our body-weight is on one leg.¹

2. The back muscles

Of the back muscles the ones that we are most interested in are the erector spinae muscles. This group of muscles are either side of the spine and run from the base of the skull all the way down to the pelvis. These muscles help us to stand up from a crouched position, lean back and stabilise the spine during motion.² During walking the erector spinae muscles work to control the movements of the trunk.³

3. The abdominal muscles

This group of muscles is between the ribs and sternum and extends down to the pelvis – and includes the muscle commonly referred to as the 'six-pack'. These muscles help rotate the body and will help us to sit or stand from lying.

Much like the back muscles, the abdominal muscles help control the movement of the trunk during motion.

There are more muscles that we could discuss however the key message is walking is an excellent exercise to work most of your body. It can help improve your health and is a great way to meet people!



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Stories from our walking groups



Queensland

The Rochedale South Tagalong Walkers doing their bit for Clean Up Australia Day.



Stockland Burleigh Walkers had a 'Christmas in July' luncheon to celebrate the walkers who turned 80 in 2019. There are eight of them, five of whom appear in this photo: Maureen, Pam, Joan, Henk and Joy. The group has another 10 walkers who are over 80, with the oldest two born in 1931.



Victoria

Ray and the Heritage Walks group who walked 6.92 km at Nocera Reserve, Rowville.



Knox Street Orienteering Walkers (Knox SOW) out and about, and participating in Heart Foundation Walking's 'Put your Foot Down' challenge.



The Island Wanderers live in one of the most beautiful areas of Victoria and take every opportunity to get out and enjoy it. The group is made of various abilities and ages, but they find varied and interesting walks to suit everyone.



Una is a foundation member of the Sea Salt Walkers. She turned 97 years young in October and walks everyday. Una is the group's much-loved inspiration, and full of mischief and laughter.



Tasmania

The Geeveston Gaitors celebrated their 10th birthday with a walk in Heritage Park.



Walking group Best Foot Forward, based just north of Hobart, celebrated their 10-year anniversary with a walk around the waterfront followed by lunch and the handing out of a few prizes. The group is the second oldest in the country. Original member Chris Tunks says that regular walking is a major factor in keeping him healthy and happy, and would like to see more people incorporating physical activity into their daily routine.



The Goodwood Goers recently lost one of their foundation members and long term committed walker, Steven Ward. A walk was held in his honour at Bothwell. Rest in Peace Steven.



Vale Lester Walker - the Huonville Heartbeats' oldest walker at 96 years. Lester was a member of the group since they commenced 9 years ago, and achieved almost 300 walks. The group and their Thursday walks were very special to him.



South Australia

At 67, Colin was diagnosed with Chronic Obstructive Pulmonary Disease (COPD). Deciding to make a change, he joined two Heart Foundation Walking groups, aiming to reach 10,000 steps per day. But he still wanted to do more - 'something special'!

As his father served in Papua New Guinea in 1942, along the Kokoda Trail, this prompted Colin and a friend to book an 8 day/140km trek. We can't wait to hear about his adventure!



Western Australia

Leschenault Walking started in 2008 and put out a timetable of walks to their walkers and community each month <http://www.llc.com.au/community-page>



New South Wales

Illawarra Good Hearts walker Tracey Smith (centre) bumped into the walkers from Encounter Bay Strollers while holidaying.



Sydney Walk Eat And Talk (SWEAT) enjoying Garigal National Park, Saint Ives.



The Illawarra Walkers are all smiles after achieving a total of \$5,000 in donations to the Heart Foundation. This total has been achieved with all the gold coin donations collected over a cup of coffee after their weekly walks. If all the donations were \$2 coins, and they were laid out in a line along the Blue Mile (a historic coastal tramway path in the Illawarra), the line of coins would measure 100 metres!

The group not only enjoys all the health and social benefits of walking, but is making a concerted effort to help others, that are not so fortunate.

This is the group celebrating their Golden Shoe Awards nominee Carol Webb, who is responsible for this fantastic achievement. See page 5 for details of this year's Golden Shoe Awards winners.

Congratulations to our winners

All the winning images are showcased in our 2020 Walking Calendar, available to purchase from the Online Shop heartfoundation.org.au/shop or call 13 11 12.

Lucinda Moody – Active in Alice, NT

Lesley Revell – Rylstone Ramblers, NSW

Alira Paff – Rochedale Go-getters, QLD

Natasha Meston – ACT

Joe Walsh – VIC

Jill De Cianni – Brilliant Support Walking Group, SA

Frances Noble – Groovy Grannies, ACT

Sharon Lipburger – Get Moving Erina, NSW

Enid Gardner – Hollywood Stars, WA

Gaylene Norton – TAS

Greg Hawthorne – Kettering Walkers, TAS

Janelle Northcott – Casuarina Walk Group, NT

Simon Lim – SWEAT, NSW



Australian Capital Territory

Holder Walking Group celebrating their 7th birthday with a walk from Weston Park to Government House, Yarralumla and return, finishing with coffee at the Yarralumla Gallery and Oaks Brasserie.

Meet our inspiring Golden Shoe Awards winners

Our annual Golden Shoe Awards recognise individuals who have made an exceptional contribution to their own, and their community's health through walking. This year, we received a record 233 nominations across four categories. Congratulations to our 2019 walking heroes and thank you to everyone that nominated.

Category: Courage and commitment

Ron Beaumont, NSW (pictured right)



After surviving a heart attack in 2005, Ron was determined to protect his heart health. He took up walking, and in 2010 became the founding member and Walk Organiser of a Heart Foundation Walking group called the Blacktown Walkers.

Since then, Ron's group has grown to be one of the largest in NSW, with more than 60 regular walkers, including many from outside the Blacktown area. Its popularity is due mainly to Ron planning walks for his group not just locally, but all over Sydney and even to some regional areas.

"I get a real buzz from giving people a reason to get out of bed and taking them to areas they might otherwise never see, especially people who have moved to Australia from other countries."

Category: Leadership in walking

Mary Smith, South Australia (pictured far right)



Mary had always been a keen walker, but it wasn't until retiring in 2015 that she joined a Heart Foundation Walking group, the Glandore Community Centre Walkers. Since then, Mary has not only clocked up more than 500 walks, but also become the group's Walk Organiser – a job she takes very seriously. Mary introduced coffee mornings for members on the first Tuesday of every month, as well as a mid-year lunch and an end-of-year Christmas morning tea. "These activities are valuable, particularly for some walkers who really benefit from the social interaction and company of others," Mary said.

Every third Tuesday, Mary and other trained Walk Organisers in the group plan a walk with a difference, to explore new local landmarks and places of interest. Her networking with other groups' organisers leads to new ideas too.

"This year, I have been regularly emailing all group members with information about what we have planned and ask for ideas for future walks. It's a good way to be inclusive and I try to contact walkers who seem to have dropped off the radar to make sure they are OK," Mary said.

As a result of her excellent leadership, membership of Mary's group has grown from four or five when she first joined to about 20 regular walkers.



Category: Zero to hero

Russell Aitken, NSW



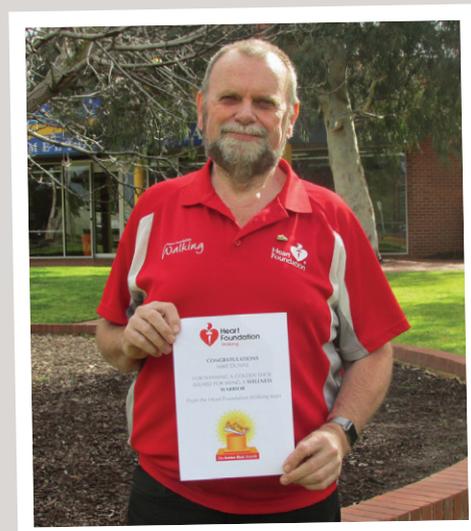
When Russell retired in 2010, he was in poor physical shape. "I was overweight and unfit after working in a desk job, and as soon as I retired, I started walking for half an hour every day to reverse that situation," Russell said.

On his walks, Russell met up with friends and neighbours, and soon they were motivating each other to walk longer and further. Now Russell walks around five kilometres a day and is around eight kilos lighter than the day he retired.

Another motivation is Russell's eight grandchildren, aged 15 to just 12 months, and with one more arriving later this year. "I'd like to be around to see them grow up, and I also find myself looking after the little ones. I need to be fit to keep up with them!" he said.

Category: Wellness Warrior

Mike Dunne, VIC



Mike started the Melton Sons Heart Foundation Walking group in 2016 after participating in the Western Bulldogs Community Foundation's Sons of the West men's health program.

"It's a fantastic program, but only goes for 10 weeks once a year. I wanted to get involved in something that would help keep me and others fit all year round," Mike said.

Now Mike is a walking convert. In addition to being Walk Organiser for the Melton Sons, and striding out with them every Monday night, he walks on Thursday evenings with another group, the Watergardens Walkers.

"I also try to build walking into my daily routine," said Mike, who works as a general manager at a shopfitting installation and supply company. "I walk every day and everywhere, including up to an hour at lunch time."

Before joining Heart Foundation Walking, Mike was significantly overweight, and suffered hypertension and sleep apnoea. Now he is several kilos lighter, has normal blood pressure, and sleeps easily.

REFERENCES - PAGE 1

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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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