Connect • Activate • Inspire

Join with us to get your community walking

Proudly supported by

Australian Government

Queensland Government

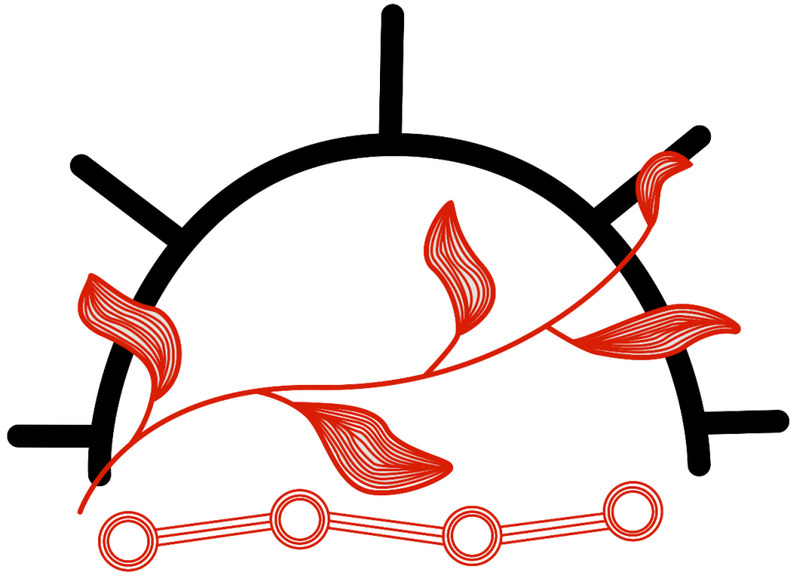
SPORT AUS
MOVE IT AUS BETTER AGEING GRANT

Acknowledgement of Country

We acknowledge that the Heart Foundation is spread across many of our traditional lands.

We pay respect to all traditional owners of these lands and those who under custodial law are charged with nurturing and protecting country.

We pay respect to elders past, present and emerging.



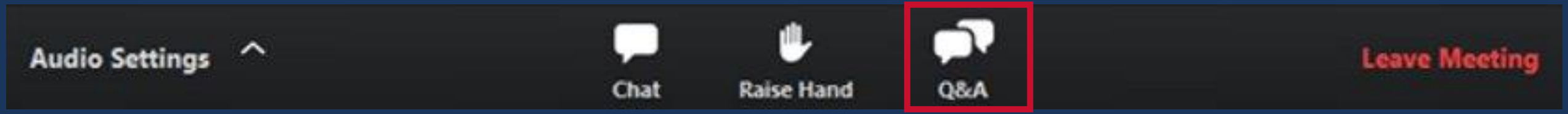
Heart Foundation

Questions

Q&A will be in the controls at the bottom of your screen.

Type your message and press **Send** to send it.

Note: As an attendee you can also like or comment on other attendee's questions.



Heart Foundation

Why walking?

A ‘sport for all’ approach

- Australia’s most prevalent and population physical activity
- Caters to diverse capabilities
- Accessible to almost everyone
- Little to no cost involved

Heart Foundation

Heart Foundation Walking

Australia's largest free walking network

- 47 per cent of South Australians are insufficiently active
- A social, fun, free and easy way for people to walk and be active
- Helps participants meet the National Physical Activity Guidelines
- Our community has over 75,000 active participants log more than 6 million walks!

Heart Foundation

Our Walkers

- The main reason people **join** is for health
- The main reason people **stay** is social connectedness
- More than 90% stay for over 6 months, around 77% at 12 months

“We come for the walking, we stay for the talking”!

Our structure

Heart Foundation Walking

- Supplies training, resources, customer service and access to events

Local Coordinator

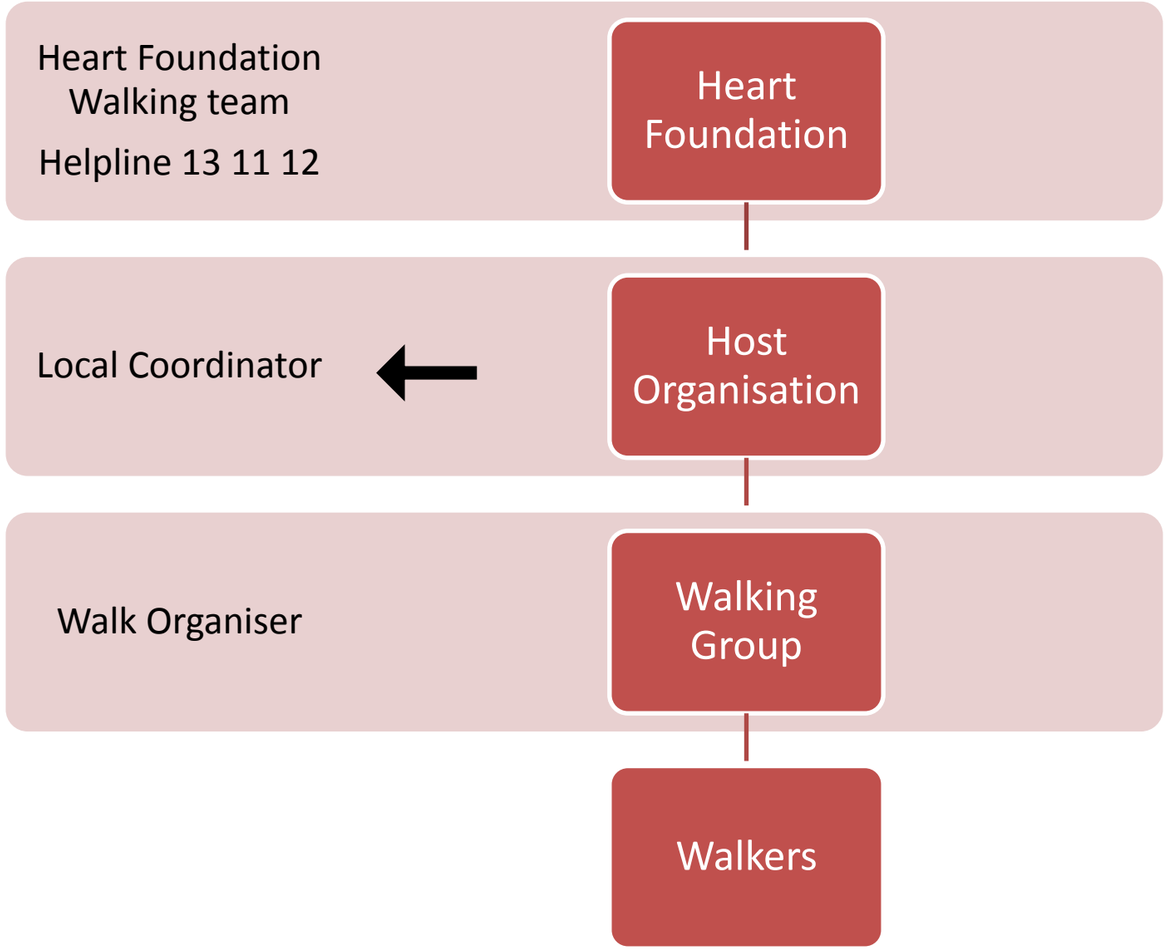
- An employee of a Host Organisation, and the link between the heart Foundation and walking groups
- Can assist with printing, recruitment and promotion of walking group(s)

Walk Organiser

- Leads the walking groups, records attendance and inspire people to keep walking

Walkers

- Joins walks, events and recognition scheme



Heart Foundation

Local Coordinator’s role

- Recruiting new Walk Organisers and Walkers
- Assisting Walk Organisers who lack web access to complete their induction
- Promoting Heart Foundation Walking within your local area, organisation and networks
- Being the point of contact for the program in your area
- Supporting existing walking groups in your area

Heart Foundation

What’s in it for Host Organisations?

What’s in it for Host Organisations?

- Form genuine connections with community, clients and customers.
- Helps Host Organisations meet a range of business goals e.g. can build business and boost their brand, improves corporate image etc.
- Helps to build inter-sectoral partnerships and deliver health promotion programs.
- By working in partnership with the Heart Foundation, walking groups offer a sustainable physical activity option for your community.
- Heart Foundation Walking can provide data to measure participation and help evaluate improvements to community health.

How much time does it take?

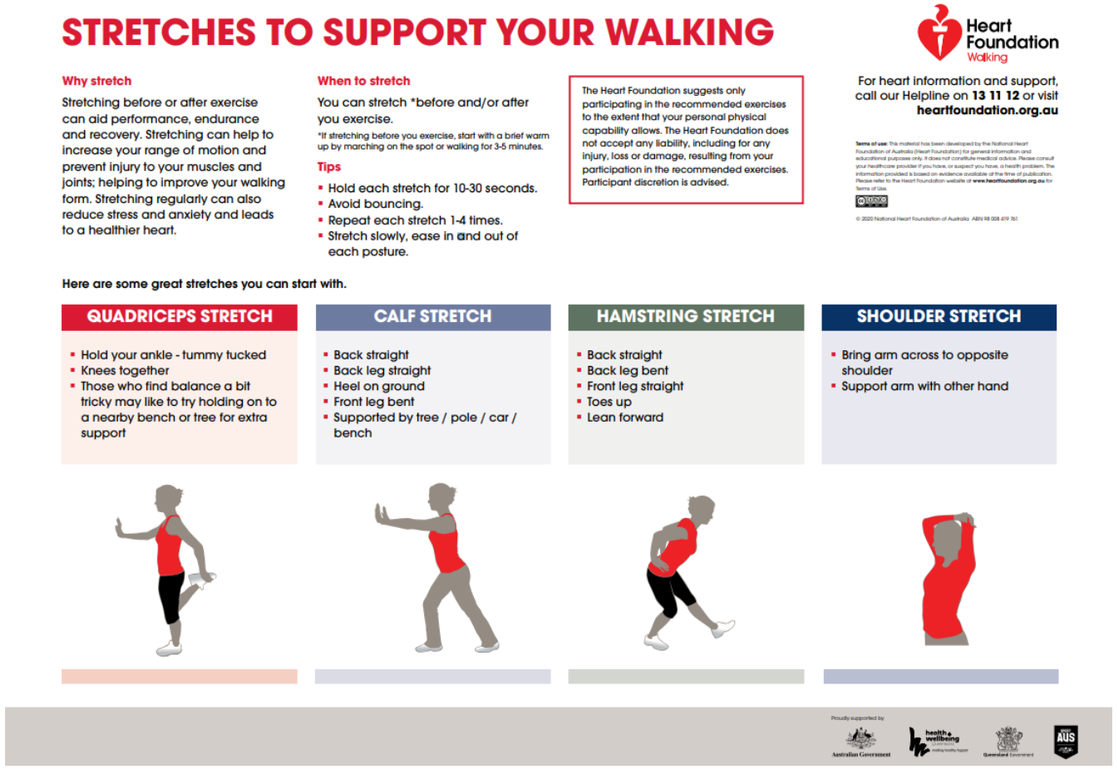
To become a Host Organisation: An initial couple of hours to do your online induction and organise some promotion.

To keep it going: One to four hours per month for general maintenance depending on the number of groups active in the area. The fewer groups in your area, the less time required.

Heart Foundation

Support you will receive from the Heart Foundation

1. Resources



STRETCHES TO SUPPORT YOUR WALKING

Heart Foundation Walking

Why stretch

Stretching before or after exercise can aid performance, endurance and recovery. Stretching can help to increase your range of motion and prevent injury to your muscles and joints; helping to improve your walking form. Stretching regularly can also reduce stress and anxiety and leads to a healthier heart.

When to stretch

You can stretch *before and/or after you exercise.

*If stretching before you exercise, start with a brief warm up by marching on the spot or walking for 3-5 minutes.

Tips

- Hold each stretch for 10-30 seconds.
- Avoid bouncing.
- Repeat each stretch 1-4 times.
- Stretch slowly, ease in and out of each posture.

The Heart Foundation suggests only participating in the recommended exercises to the extent that your personal physical capability allows. The Heart Foundation does not accept any liability, including for any injury, loss or damage, resulting from your participation in the recommended exercises. Participant discretion is advised.

For heart information and support, call our Helpline on **13 11 12** or visit **heartfoundation.org.au**

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Here are some great stretches you can start with.

QUADRICEPS STRETCH	CALF STRETCH	HAMSTRING STRETCH	SHOULDER STRETCH
▪ Hold your ankle - tummy tucked ▪ Knees together ▪ Those who find balance a bit tricky may like to try holding on to a nearby bench or tree for extra support	▪ Back straight ▪ Back leg straight ▪ Heel on ground ▪ Front leg bent ▪ Supported by tree / pole / car / bench	▪ Back straight ▪ Back leg bent ▪ Front leg straight ▪ Toes up ▪ Lean forward	▪ Bring arm across to opposite shoulder ▪ Support arm with other hand

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Australian Government · health & wellbeing · Queensland Government · AUS

Heart Foundation

Support you will receive from the Heart Foundation

2. Media support

Heart Foundation Tamworth Trekkers rug up for first group walk at Bicentennial Park after COVID-19 restrictions

Anna Falkenmire — Community

A A A Comments

Photos: Peter Hardin

MEMBERS of the Tamworth Trekkers walking group rugged up and braved a cold morning for their first catch-up as a group since the COVID-19 shutdown.

About 13 people turned up at Bicentennial Park on Tuesday morning, for their first walk together as a group in more than three months.

They'll be back at it again on Thursday morning.

The Gawler Heart Foundation walking group 'Gawler Walk and Talk' is back after a lengthy hiatus due to COVID-19. PHOTO: Supplied

Local group back up and walking

THERE is something extra special about walking with friends, so news that the local walking group could resume has been met with great excitement from its members.

The Gawler Heart Foundation walking group 'Gawler Walk and Talk' is back hitting the pavement after a lengthy hiatus due to the COVID-19 pandemic.

Group co-ordinator Colleen Vermeeren said she kept up her walking alone during the pandemic, but has loved the group being back together again.

"It's the social aspect," she said.

"I joined in 2006 and I have made so many friends I would never have met.

"And they have felt the same way; they are looking to meet new people and stay healthy in retirement."

Gawler Walk and Talk was started in 2006 with just three people but today has around 30 registered walkers.

The group meets every Wednesday of the year (except in January) and walks around the Gawler and surrounding area for about an hour.

Sometimes the group will travel to the Barossa or the beach for a walk, followed by coffee or lunch.

Heart Foundation director of active living, Adjunct Professor Trevor Shilton said many people have recently turned to walking to stay fit due to gym closures and holds on organised sport.

In a recent Heart Foundation survey of 300 people, around 30 per cent said they had been walking more since COVID-19 restrictions came into effect.

"Large numbers of us discovered or even rediscovered the joys of walking around the neighbourhood with their family and pets," he said.

"This time reminded Aussies that walking is free and easy, and almost anyone can do it. You can walk almost any time and anywhere.

"It's a really simple and pleasant way to get your recommended 30 minutes of brisk physical activity each day."

All ages can be involved with a Heart Foundation Walking Group, with the oldest walker at Gawler now 92.

To get involved, interested walkers should contact Colleen on 0434 832 304 or visit (walking.heartfoundation.org.au).

Better heart health a walk in the park

July 17, 2020 — Thomas Miles — Local News — No comments

MONDAY MORNING FEVER: Mount Gambier Heart Foundation Walking Group organiser Peter Heness walks the talk and hopes to see some new faces at the group's walking sessions after the easing of COVID-19 restrictions. Picture: THOMAS MILES

Latest News | Community service comes first despite uncertainty | Grape prices increa

A SOLUTION for people searching for a pleasant and social form of exercise contiues through the Mount Gambier Heart Foundation Walking Group.

Due to the easing of COVID19 restrictions, the body is

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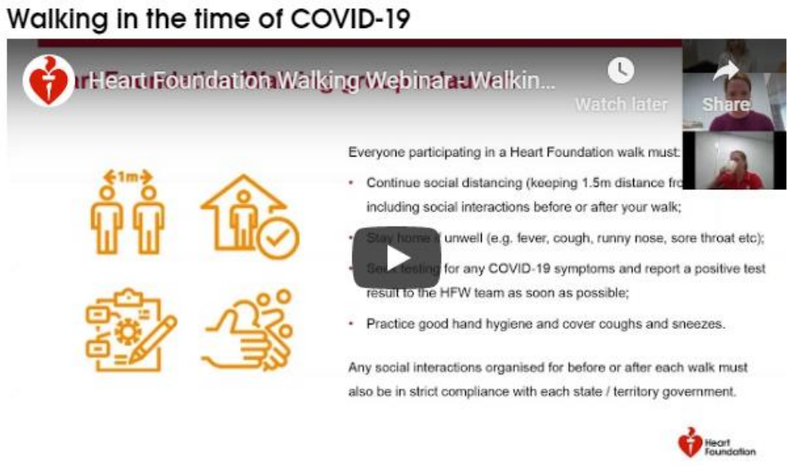
Support you will receive from the Heart Foundation

3. Ongoing development and training



Click HERE to access the presentation

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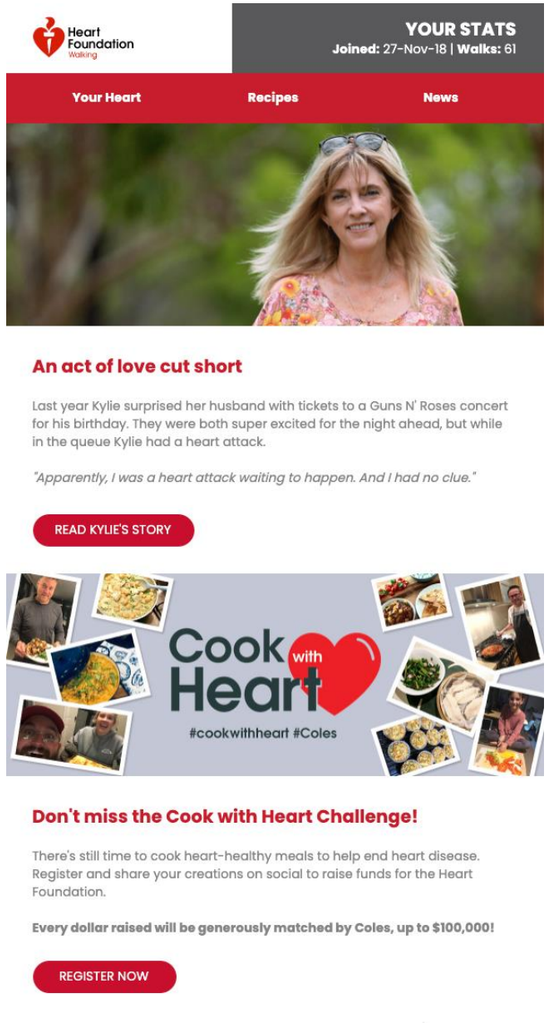
Support you will receive from the Heart Foundation

4. Regular communication and assistance from Heart Foundation



Polo top

T-shirts

Hoodie

Drink/sport bottle

Sport cap

Sling bag back pack

Shoelaces

Fit Walk pedometer

Socks

'Hearty' unisex beanie

Heart Foundation

Heart Foundation®

"At the beginning of 2017 if someone had said you would be walking daily and enjoying it I would of thought them crazy but after going through a near death event things in one's life changes for the better.

It has and is a help to my mental health as well.

Keep on walking."

Lynn Richards, 61, Reynella SA

Rewards & Recognition

Walker Recognition Scheme

- Recognition for group walk milestones
- Certificates and discounts for the Heart Foundation shop

Golden Shoe Awards

- Recognises walking group champions

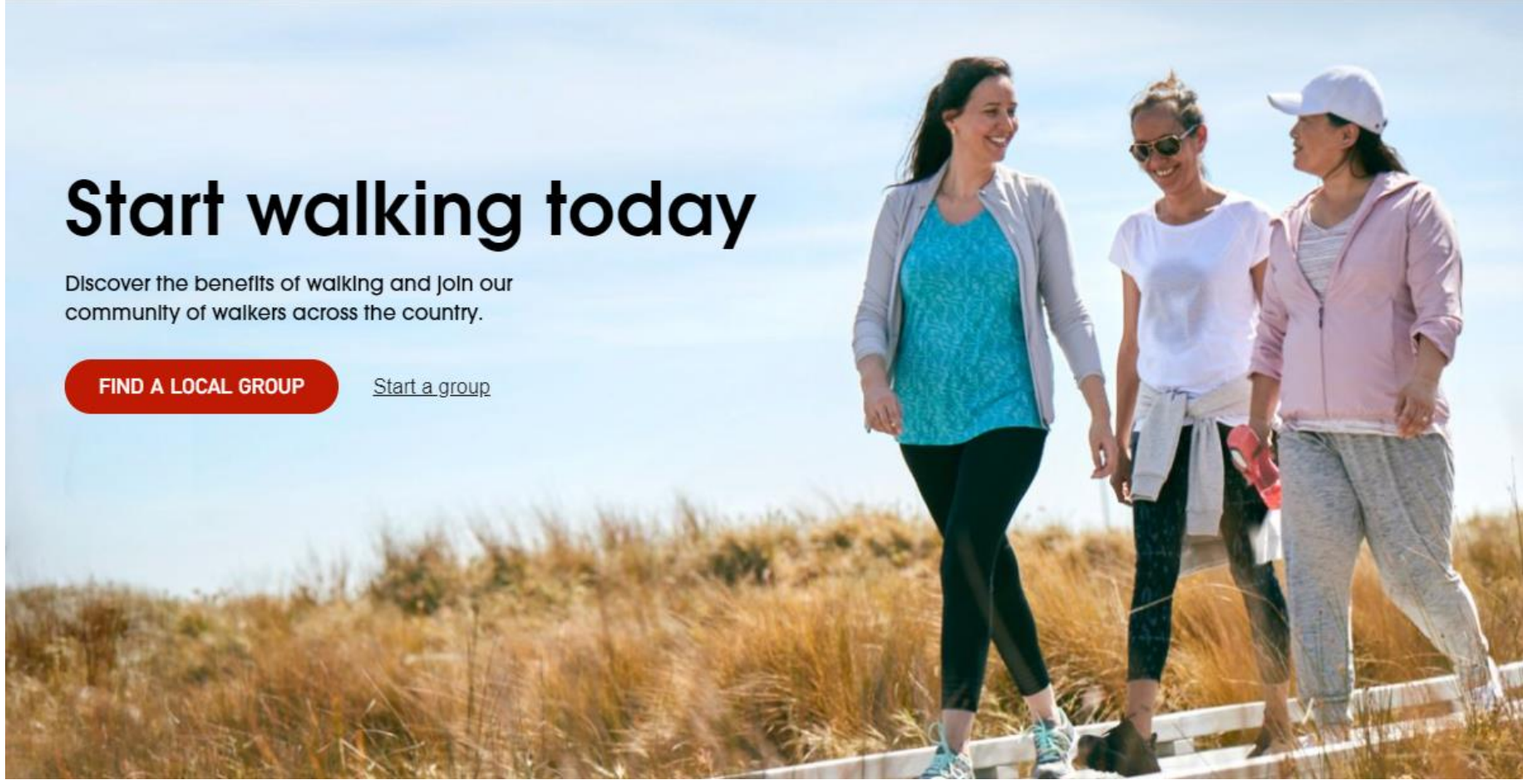
Annual photo competition

- Photos form the free HFW calendar

Heart Foundation®

Website

- Find and join groups in local area
- Track walk numbers
- Connect with other walking groups
- Walk Organisers can log in to record group attendance, register new walkers, and gain access to promotional materials
- Local Coordinator have additional reporting functions available



Walking groups within 10kms of Carindale (4152)

There are 27 walking groups that match your search, to find more groups change the distance or search a new location.

Find groups in Carindale (4152) within a 10km radius SEARCH

Only show Dog Friendly Pram Friendly

Camp Hill-Whites Hill Walk on the Wild Side Walking Group — CARINA HEIGHTS

4th Sun of the month 1.5hr bush walk with bird watching opportunities.

Group: 28 members **Speed:** Slow pace **Duration:** 75-90 min **Dog Friendly:** No **Pram Friendly:** No

Monthly	Mon	Tue	Wed	Thu	Fri	Sat	Sun 8:00 am

Pat's Walk for Pleasure Walking Group — COORPAROO

2nd Sun of every month 8am (Apr-Sep) and 7am (Oct-Mar)

Group: 31 members **Speed:** Medium pace **Duration:** 75-90 min **Dog Friendly:** No **Pram Friendly:** No

Monthly	Mon	Tue	Wed	Thu	Fri	Sat	Sun 8:00 am

Seven Hills Bushland Reserve Walkers Group Walking Group — SEVEN HILLS

General

Group: 58 members **Speed:** Medium pace **Duration:** 45-60 min **Dog Friendly:** Yes **Pram Friendly:** No

Weekly	Mon	Tue	Wed	Thu	Fri 8:30 am	Sat	Sun 8:30 am

Mt Gravatt Walkers Walking Group — MOUNT GRAVATT

General

Group: 10 members **Speed:** Medium pace **Duration:** 45-60 min **Dog Friendly:** Yes **Pram Friendly:** No

Weekly	Mon	Tue 6:00 am	Wed 6:00 am	Thu 6:00 am	Fri 6:00 am	Sat	Sun

Holland Park Yakka's Walking Group — HOLLAND PARK

General

Group: 22 members **Speed:** Medium pace **Duration:** 45-60 min **Dog Friendly:** No **Pram Friendly:** No

Weekly	Mon 6:00 am	Tue	Wed 6:00 am	Thu	Fri	Sat	Sun

Wishart Morning Walkers Walking Group — WISHART

General

Group: 41 members **Speed:** Medium pace **Duration:** 45-60 min **Dog Friendly:** Yes **Pram Friendly:** No

Daily	Mon 7:00 am	Tue 7:00 am	Wed 7:00 am	Thu 7:00 am	Fri 7:00 am	Sat	Sun

Wishart Afternoon Walkers Walking Group — WISHART

General

Group: 16 members **Speed:** Medium pace **Duration:** 45-60 min **Dog Friendly:** Yes **Pram Friendly:** Yes

Daily	Mon 4:00 pm	Tue 4:00 pm	Wed 4:00 pm	Thu 4:00 pm	Fri 4:00 pm	Sat 4:00 pm	Sun 4:00 pm

Harmony Greenslopes Walkers Walking Group — GREENSLOPES

Workplace

Group: 2 members **Speed:** Medium pace **Duration:** 30-45 min **Dog Friendly:** Yes **Pram Friendly:** Yes

Weekly	Mon 12:00 pm	Tue	Wed 12:00 pm	Thu	Fri 12:00 pm	Sat	Sun

Rochedale Go Getters Walking Group — ROCHEDALE

Other

Group: 19 members **Speed:** Slow pace **Duration:** 30-45 min **Dog Friendly:** Yes **Pram Friendly:** No

Weekly	Mon 4:30 pm	Tue	Wed	Thu 4:30 pm	Fri	Sat	Sun

Let’s work together to get your community walking

To become a Host Organisation, you:

1. Nominate a Local Coordinator within your organisation
2. Have them register on the Heart Foundation Walking website walking.heartfoundation.org.au/
3. Complete the online training
4. You are ready to promote Heart Foundation Walking!

We have many creative names for groups in our walking community:

- Heart Beats
- Young Tarts and Old Farts
- Walkie Talkies

What would you call your walking group?

Heart Foundation

Questions

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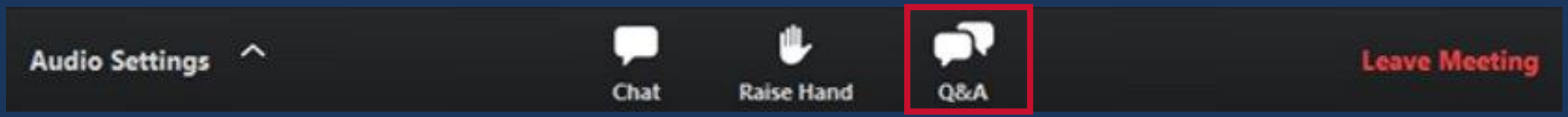

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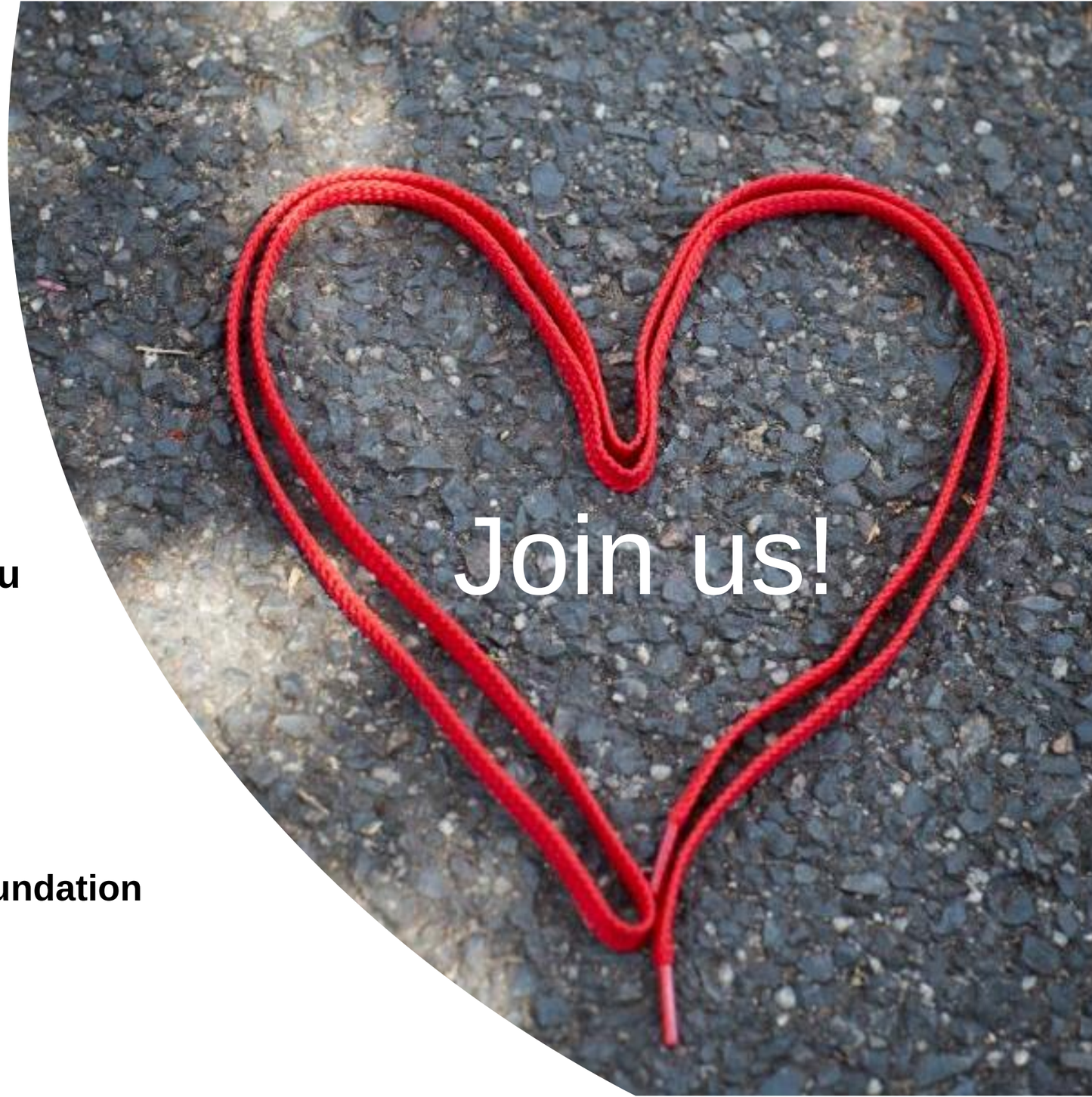
Walking



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