

Heart Foundation Walking



Getting Australians Walking Since 1995



Australian Government

 Heart Foundation
WALKING



Why walking?

- ♥ It's free
- ♥ It's easy
- ♥ It's accessible
- ♥ It requires no equipment
- ♥ It works!



The wonder drug

Walking for as little as 30 minutes a day, five days a week can:

- **reduce your risk** of heart disease and stroke
- **manage** weight, blood pressure and cholesterol
- **prevent and control** diabetes
- **reduce your risk** of developing some cancers
- **improve** your strength and balance
- **maintain** your bone density
- **help** you sleep better
- **help** you to reduce stress, feel more alert and **improve** self-confidence.





Walking for a
healthy mind,
body and heart



Heart Foundation Walking Groups



Launched in 1995 in QLD



Nationwide by 2007



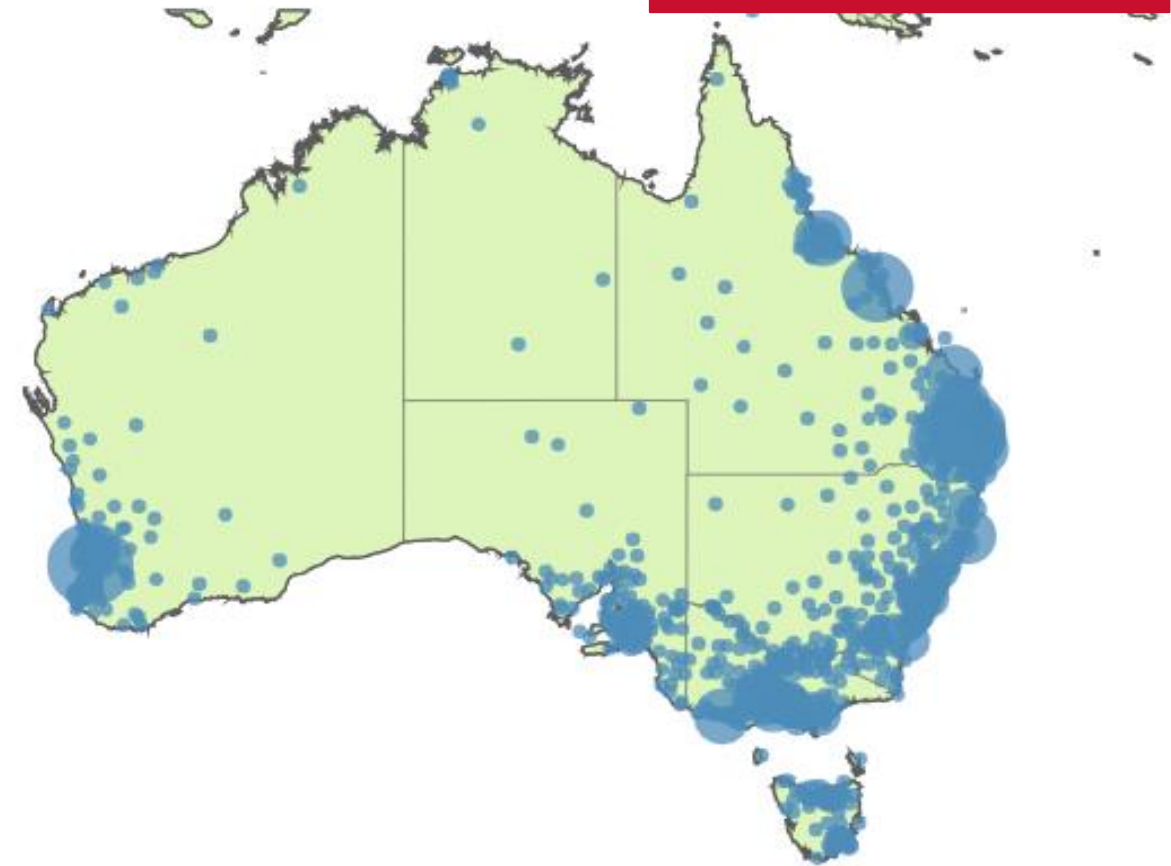
Over 830 groups across Australia



Over 1,500 volunteers managing walking groups



830 Host Organisations support walking groups locally
(local councils, GP clinics, shopping centres, neighbourhood houses etc)



Heart Foundation Walking groups

Social, fun
and free

Groups led
by volunteers

Makes regular walking enjoyable and
easy, especially for those who are not
used to being active

Walkers join for
the walking,
stay for the
talking!

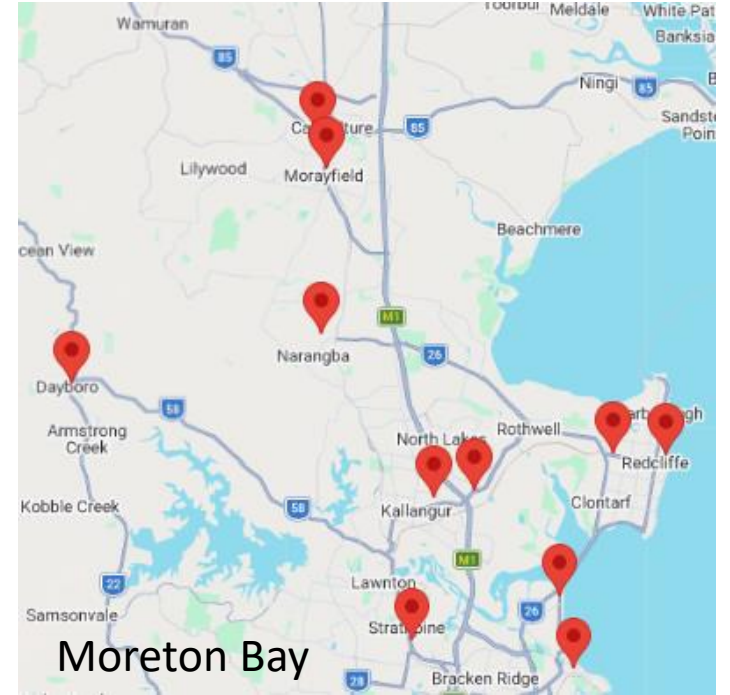
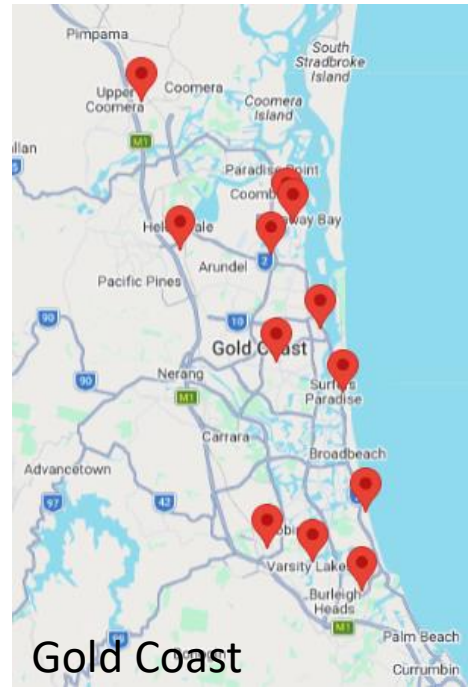
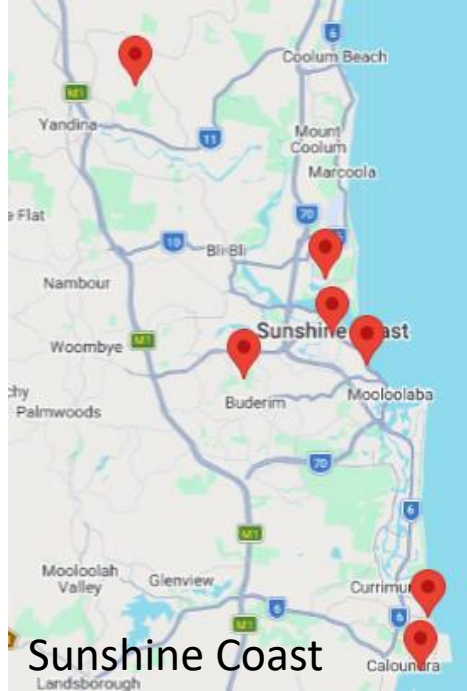
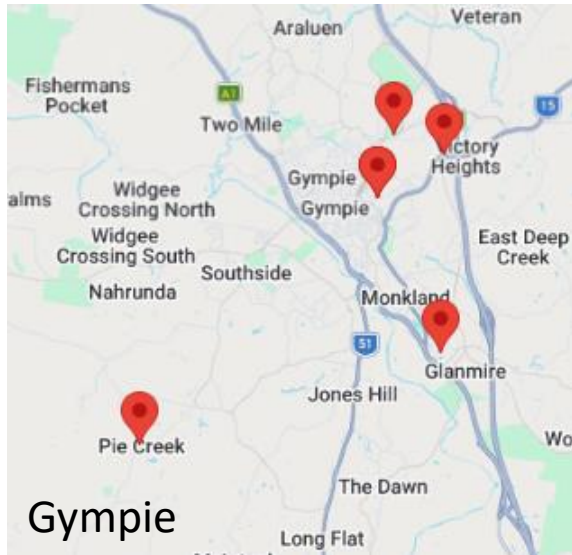
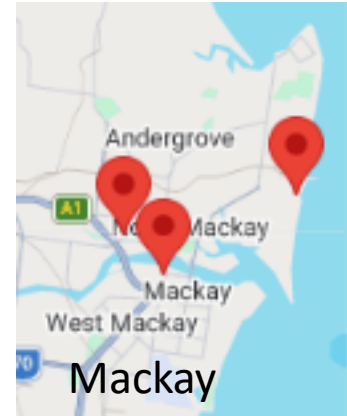
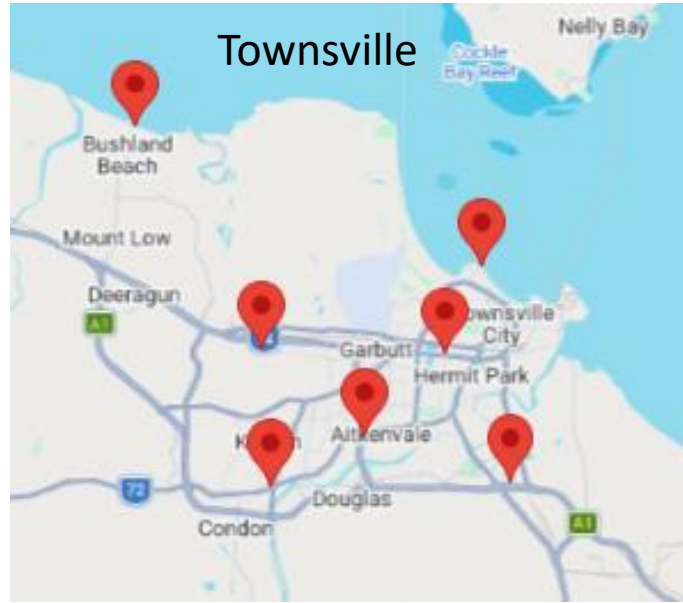
Heart Foundation Walking



Join a walking group



- Groups can be found via the postcode/suburb search function on the Heart Foundation Walking website
- Groups are led by volunteer walk organisers (trained and police checked)
- Groups can be any size
- They cater for different abilities
- Walks go for different durations (anywhere from 30min or more)
- Walkers can join Walker Rewards – and get rewarded for walking milestones



Why join a walking group?

- **Take the path to better health:** Small steps can lead to big benefits for a healthy mind, body and heart.
- **Build social connections:** Meet new people in your neighbourhood.
- **Feel the power of a group:** Be inspired and supported by others and enjoy safety in numbers.
- **Reap the rewards:** Celebrate your walking milestones with Walker Rewards
- **Be led by volunteers:** Our groups are led by community-based walk organisers.



Walker Rewards



Keeping Walkers Motivated

Walker Rewards

Awards certificates, incentives and discounts for the Heart Foundation online shop when a walker reaches certain walk milestones.

Milestone	Reward
8 walks	Digital badge on your dashboard
15 walks	Digital badge on your dashboard
25 walks	Certificate + \$5.00 voucher for online shop
50 walks	Certificate + \$10.00 voucher for online shop
100 walks	Certificate + pin + \$10.00 voucher for online shop
200 walks	Certificate + pin + \$10.00 voucher for online shop
500 walks	Certificate + pin + \$25.00 voucher for online shop
1000 walks	Certificate + pin + 1000 walk club member Polo shirt



Start a walking group



Become a walk organiser

Heart Foundation Walking groups are powered by volunteers in the community, known as walk organisers.

With support from the Heart Foundation, walk organisers bring community members together leading them on the path to better health in a social and supportive way.



“

I became a walk organiser in 2010 after not knowing many people in my local neighbourhood. The walkers in our groups love coming because of the happiness and companionship. I'm so lucky to have a group of people who are caring and look out for each other.

Bev, Point Cook Walkers



Being a walk organiser

- Decide **where, when and how often** your group walks
- **Promote the group** and encourage others to join
- **Attend walks** and welcome new walkers
- Submit **walking attendance** records so we can reward your walkers

What do walk organisers receive?

- **Training, practical tips and insurance**
- An **online dashboard** to manage the group
- **Flyers and resources** to promote their group
- **Support** from the Heart Foundation
- Free Heart Foundation Walking **merchandise**

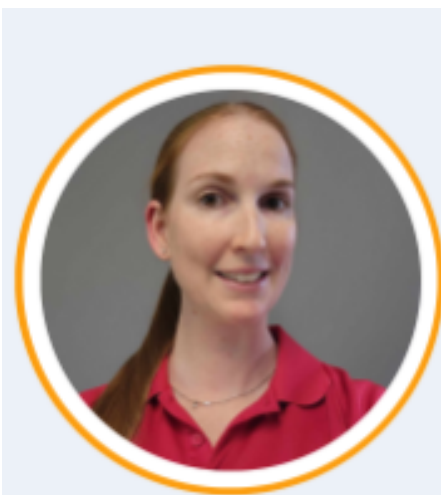


Host organisations



Being a Host Organisation

- shares your commitment to getting local communities active, healthy and connected.
- any organisation can help support their community to be more active.
- nominate a local coordinator who becomes the key contact point for Heart Foundation Walking group/s in their area.
- help to promote the program and get more people walking and connected in the community.



“

Hosting a walking group has been a game-changer for me. It's not just about business; it's about building relationships and making a genuine difference in people's lives. Plus, it's opened doors to new opportunities and collaborations that I never would have imagined.

Hayley Ferguson, Accredited Exercise Physiologist



Benefits of becoming a host organisation

Beyond transforming health and well-being outcomes in your community, you'll also:



- access a proven program model with free promotional materials.



- build stronger relationships with clients and the community



- receive free training, development opportunities and support



- benefit from comprehensive risk management processes



“One of the most rewarding outcomes we've observed from implementing the Heart Foundation Walking program has been the strengthening of social connections across our community. While the physical health benefits are certainly valuable, it's the sense of belonging, inclusion, and community spirit that truly stands out. ”

Meghan Wilson, Acting Principal Employee Wellbeing (previously Healthy Living and Active Recreation Officer); **Toowoomba Regional Council**



Ways to get involved



Join or start a walking group

Build connections in your community and walk together

Join group

Start group



Support your community

Refer patients to Heart Foundation Walking or your organisation could lead a walking group.

Health professionals

Host organisations



Thank you!



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www.facebook.com/HFWalking

