

# Walking for Health Training

## Strength and Balance workshop for Walk Leaders

### Course Overview:

This half day workshop explains why walking plus strength and balance provide the key to active older age. Walk Leaders will learn how to do simple Strength and Balance exercises which help to promote independence and reduce the risk of falls.

### Learning Outcomes:

 After attending this course, you will:

- Be able to state the physical, social and well-being effects of ageing
- Be aware of the current guidance on how active you need to be based on the 'Start Active, Stay Active' 2011 guidelines
- Learn about why strength and balance exercise is vital to keep your bones and muscles healthy as you get older
- Try out the strength and balance exercises and know how to build them into your life to reduce your risk of falling

### Who it's suitable for:

 Walk Leaders in local community projects

**Course Materials:** You will go home with an exercise information sheet, a set of Strength and Balance cue cards, and some leaflets to give out to friends and walkers in your groups

**Duration:** Half day workshop, held am or pm

**Price:** To book your own course, delivered by our freelance trainers for up to 20 people, £350 (half day). If you are just looking for 1 or 2 places on a course, please check our training calendar for courses and prices. If you can't find what you're looking for, please contact us.

**Location:** This workshop is delivered in your local area

**Dress:** You will be doing simple exercise, so please come dressed in comfortable clothing and wear trainer type footwear

**Organise this course for your Walk Leaders:** For more information or to book a course please contact [training@pathsforall.org.uk](mailto:training@pathsforall.org.uk) or call Marion Munro on 01259 222336.

[www.pathsforall.org.uk](http://www.pathsforall.org.uk) Tel: 01259 222336

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Bonty Court walking group  
Aboyne, Aberdeenshire part of COAT walking  
project

"I now feel confident to carry out the Strength and Balance exercises."

"I have learned that these simple exercises can help walkers to stay balanced and keep active as they get older"



"a very informative session which has given me confidence to show others the benefits of these exercises"