

Strength and Balance workshop for Walk Leaders

Course Overview

This half day workshop explains why daily walking plus strength and balance activity provide the key to active older age. Walk Leaders will learn how to do simple Strength and Balance exercises that can be introduced to walkers and on health walks. This course is delivered by our qualified trainers.

Learning Outcomes

- Understand the physical, social and well-being effects of ageing,
- Be aware of the current guidance on how active older adults need to be,
- Learn 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,
- Understand how to build these exercises in your life and feel confident to recommend them to others and to try them out together on health walks.

Who is this course suitable for?

Trained Walk Leaders with local community health walk projects.

Course Materials

We will provide you with a set of Strength and Balance cue cards, and some leaflets to give out to friends and walkers in your groups.

Online training via Zoom

The course will last 3.5 hours. We will email the course joining instructions to you beforehand and course materials will be posted to you before the training starts. To book a course, delivered by our freelance trainer for up to 15 people, [complete this form](#). The cost of the course is £400.

In-person training **** (not currently available due to covid restrictions) ****

The course will last 3.5 hours. To book your own course, delivered by our freelance trainer for up to 20 people, [complete this form](#). The cost of the course is £400. You are responsible for booking and costs of a venue and refreshments.

If you can't find what you're looking for, please contact us training@pathsforall.org.uk