

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 health walk participants to try at home 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 keeping bones and muscles healthy
- 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 within local community health walk projects.

Course Materials

All who attend will receive a set of Strength and Balance cue cards, and Strength and Balance exercise leaflets to give out to people attending your health walks.

Online training via Zoom (up to 15 participants)

The online course takes 3.5 hours. All course materials and instructions will be posted and emailed to your participants in advance by Paths for All.

In-person training (up to 20 participants) **** (available from September 2023) ****

The in-person course takes 3.5 hours and is delivered at your chosen venue. You are responsible for booking and paying for the venue and refreshments. All course materials and instructions will be posted and emailed to you in advance by Paths for All.

Only Scottish Health Walk Network members can book this course. The cost is £500 for online or in-person delivery.

If you are not a Scottish Health Walk Network member, or you can't find what you're looking for, please contact us at training@pathsforall.org.uk

www.pathsforall.org.uk Tel: 01786 641851