

Course Overview

This half day workshop explores why strength and balance enables adults to get walking and to keep walking. Walk Leaders will learn how to practice and share simple Strength and Balance activities that can be introduced to health walk participants on a walk and to try at home. This course is delivered by our qualified trainers.

Learning Outcomes

- You will understand how ageing affects physical ability.
- You will have an increased awareness of the importance of keeping active into old age.
- You will be aware of the physical activity guidelines for adults, including strength and balance.
- A range of strength and balance activities will be demonstrated, and you will get to practice these, and show others how to do them.
- You will have ideas for building strength and balance into your walking group.

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 leaflets to share with participants within 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)

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