



Moovers & Shakers



A GUIDE FOR WALK LEADERS

BROUGHT TO YOU BY:

PCP



Wimmera
Primary Care
Partnership

Wimmera PCP



Wimmera Regional Sports Assembly

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WELCOME TO MOOVERS AND SHAKERS



This is a partnership project between the Wimmera Primary Care Partnership and the Wimmera Regional Sports Assembly. This project has grown from the initial concepts and development of “Willing Walkers”, the “Walking Wimmera Program” and the “COW Program (Clubs Offering Walking)”.

One of the “Willing Walkers” groups continues to flourish to this day and has been auspiced by the University of the Third Age and the Wimmera Regional Sports Assembly as do several of the COW programs auspiced by a variety of sport, community and health organisations.

The “Walking Wimmera Program” was supported by Community Health agencies and relied on their community health nurses to organize and list distances walked by individuals within their communities. These outcomes were then sent through to a Primary Care Partnership who collated results and announced “town” winners both monthly and annually. This concept has been phased out but the interest in walking for health, recreation and leisure remains.

The aim of Moovers and Shakers is to capitalize on these advances and encourage the Wimmera population of all ages to engage in an accessible and fun walking program.

[SO WHY SET UP A WALKING GROUP?](#)

Walking is simple, free and you don’t need any special equipment. It improves community health by getting people active in their neighbourhood and every trip walked reduces air pollution.

It’s also fantastic for your health as it can help to prevent heart disease, stroke, type II diabetes, high blood pressure, osteoporosis and can help with weight management amongst other things!

Walking also seems to help a great deal with mental health, just getting outside in the fresh air and meeting like-minded people usually helps to make everyone feel much better within themselves.



HEALTH BENEFITS OF WALKING

[Walking For Good Health](#)

Physical activity does not have to be vigorous or done for long periods in order to improve health. Walking is suitable for most people. Regular walking can help people to lose body fat, maintain a healthy weight, improve fitness, and reduce the risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace. You can get out and walk without worrying about some of the risks associated with other more vigorous forms of exercise. It's also a great form of physical activity for people who are overweight, elderly or those who haven't exercised in a long time.

[Benefits of walking](#)

You carry your own body weight when you walk. This is sometimes called "weight bearing" exercise. Some of the benefits include:

- Increased heart and lung fitness.
- Reduced risk of heart disease and stroke.
- Improved management of conditions such as high blood pressure, high cholesterol, joint or muscular pain or stiffness and diabetes.
- Stronger bones and improved balance.
- Increased muscle strength and endurance.
- Reduced body fat.

[Benefits to older people](#)

- Walking can improve or maintain balance, coordination and joint flexibility which help prevent falls.
- Regular walking can help prevent hip fractures by building up muscle bulk
- Walking can help reduce the pain of osteoarthritis of the knee.
- Lifelong exercise has been shown to lessen the chances of developing
- Alzheimer's disease.

[Additional benefits](#)



- The most sedentary people have been found to have between 1.2 and 3.6 times the risk of colon cancer as compared to the most physically active.
- Walking at a normal or brisk pace for one hour per day has been found to reduce the risk of colon cancer by 46%.
- Regular exercise is associated with a 40% reduction in bowel cancer.



- Exercise can help to reduce anxiety and depression in depressed patients and prevent it's occurrence in non-clinical patients.
- Regular walking has been associated with increased confidence, stamina and energy levels.
- Walking in a group can be both relaxing and sociable.

What level of walking is needed to benefit health?

Walking will only contribute to the maintenance and improvement of health if it is of sufficient intensity, is carried out with sufficient regularity and is performed for a sufficient length of time. It is important for a walk leader to encourage everyone to walk at their own pace as what is a quick stroll for one person maybe an intense workout for another! However, any walking is better than none — people may need to build up their level of activity gradually and, for some inactive people gentle strolling is a good start.

	FREQUENCY	
Most days of the week		
INTENSITY		
At a moderate intensity—the equivalent of “brisk” walking		
TIME		
For a minimum of 30 minutes—ideally this should be one continuous session of activity but initially could be divided into periods of 10 or 15 minutes each		

The main message regarding intensity and brisk walking is to walk at an intensity which makes you:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Breathe a little faster • Have a slightly faster heartbeat | <ul style="list-style-type: none"> • Feel a little warmer • Can still hold a conversation |
|---|---|

What stops people from being more active?

- | | |
|--|--|
| <ul style="list-style-type: none"> • Do not have time • It's not convenient • Can't be bothered | <ul style="list-style-type: none"> • Easier to take car • Nobody to be active with • Can't walk due to a disability |
|--|--|



LEADING A WALK

GUIDELINES FOR WALK LEADERS

Pre walk — know your route

A risk assessment of your route should already have been done and you may have been involved in this. If not take the time to walk the route before you lead others, you don't want to get everyone lost!

Try to be familiar with:

- The terrain
- Hills / steps
- Places of shelter
- Resting places / benches
- Possible exit routes in an emergency

Give information before the walk

- Let people know the walk details - how long, how far, where, start and finish time.
- Try to have 2 leaders, one at the front and one at the rear. The front leader will set a reasonable pace depending on the walkers and the back leader will encourage the slower walkers at the back. The person at the back should carry the first aid kit in case of accidents / injuries. **The WPCP and the WRSA suggest this is carried in a bum bag along with a mobile phone for emergencies. Preferably the front leader should also have a mobile phone – again carried in a bum bag.**
- The walk leader may cancel a walk for any reason eg bad weather, but there must always be someone at the beginning of the scheduled walk to let everyone know it has been cancelled.

Start of walk

- Leaders should introduce themselves and ask any new members to fill in a registration and PARQ form (See forms at the back of this booklet).
- If anyone has ticked a yes to having a medical condition on the PARQ, ask them if they have already spoken to a doctor about starting some gentle exercise.
- Complete the attendance sheet.
- On each walk emphasise that everyone should walk at their own comfortable pace but if you want to improve health, try walking briskly.



Explain the role of the 2 leaders.

If necessary you can advise:

- The importance of comfy shoes!
- Water consumption
- Be SunSmart!
- All participants should be informed that if they feel unwell, they should stop and inform the “back leader”.

During the walk

Be observant, look at the walkers and watch out for signs of distress such as:

- Breathlessness
- Profuse sweating
- Pale ‘ flushed complexion
- Chest pains
- Confusion or fainting

Use the “talk test”, have a chat with the walkers, everyone should be able to hold a conversation comfortably, if not slow down a little.

At the end of the walk

- Check all walkers have returned
- Check the well being of the walkers
- Fill in any comments on the attendance sheet - make a note of any injuries.

Relax and go for a coffee!



ACCIDENT GUIDELINES

- Where possible the rear leader should carry the first aid kit.
- If possible, both leaders should carry a mobile phone or whistle so you can contact the other leader or ring emergency services.
- Have the telephone number of your nearest doctor or casualty unit entered in to your phone book on the mobile phone.

First Aid

It is suggested that at least one of the leaders has basic first aid training. **Talk to the Wimmera PCP or the WRSA to discuss how training may be supported.**

General Guidelines

In the event of an accident resulting in an injury to one of walkers, the following procedure is suggested:

- Stay calm
- Ensure the safety of the injured person and other walkers, eg stop traffic.
- Assess the situation - look at and listen to the injured person, also talk to them, as this is very reassuring both to the injured person and the person dealing with the incident.

If medical assistance is not required

Encourage the person to take time to relax and recover in a safe place. The person should only rejoin the walk if they have fully recovered.

If medical assistance is required

Do not attempt to move the person. Keep them safe, warm and away from harm. Ring the emergency services as soon as possible and stay with the injured person until help has arrived. Contact the next of kin if you have their details. Remember to fill in an Accident report form.



THE ROLE OF A WALK LEADER

WHAT MAKES A GOOD WALK LEADER?

- Good communication skills
- Make the walk a “social” occasion
- Enthusiasm
- Reliability and punctuality
- Warm approach / welcoming
- Observant (route hazards / people in difficulties)
- Familiar with route (and alternatives)
- Fills in appropriate paper work.

The back - up leader

This is the most important role to motivate and encourage the slow walkers. They should carry the first aid kit, mobile phone or whistle. They must ensure that they stay at the back to ensure nobody gets lost and to be available if anybody has any problems / injuries.

What can go wrong?

- Standards begin to slip
- Drift away from original purpose
- Advertising of scheme is reduced
- Same old faces and new people do not feel welcome
- Walks become longer and faster and newcomers cannot keep up
- Needs of the unfit have been ignored.

Support links for added ideas?

www.goforyourlife.com.au

www.betterhealth.vic.gov.au

[/www.heartfoundation.org.au](http://www.heartfoundation.org.au)

www.walking.about.com



FORMS

NEW WALKER'S REGISTRATION

Please complete this form and return to your walk leader.

WALKING GROUP

YOUR NAME

ADDRESS.....

.....

PHONE (HOME) (BUS)

(MOB)

In case of an emergency, whom shall we contact?

NAME Relation to you

ADDRESS

.....

PHONE (HOME) (BUS)

(MOB)

In the event of any illness or accident and I or my emergency contact person cannot be contacted, I authorise the Walk Leader in charge to obtain on my behalf such medical assistance as I require. I accept all responsibility of any payments thus incurred (including Ambulance).

My ambulance membership number is

Signed Date

Where did you hear about the walking program?

.....



Participation in Active Recreation/Walkers Activity Readiness Questionnaire

If you are planning to become much more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15 and 69 this will tell you if you should check with your doctor before you start. If you are over 69 years and you are not used to being very active, check with your doctor anyway. Common sense is the best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Yes	No	Yes or No
		1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
		2. Do you feel pain in your chest when you do physical activity?
		3. In the past month have you had a pain in your chest when you were not doing physical activity?
		4. Do you lose your balance because of dizziness or do you ever lose consciousness?
		5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
		6. Is your doctor currently prescribing drugs (water pills, for example) for your blood pressure or heart condition?
		7. Do you know of any reason why you should not do physical activity?

If you answered YES to one or more questions:

- Speak to your doctor on the telephone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about this and the questions to which you answered YES.
- You may be able to do any activity you want - as long as you start slowly and build up gradually. You may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities in which you wish to participate and follow your doctor's advice.

You should delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better.
- If you are or may be pregnant - talk to your doctor before you start becoming more active.



ATTENDANCE SHEET

Walking group

Date Time

Walk leaders

Weather conditions

1.	12.
2.	13.
3.	14.
4.	15.
5.	16.
6.	17.
7.	18.
8.	19.
9.	20.
10.	21.
11.	22.

Comments

.....

.....

.....

.....



ACCIDENT REPORT FORM

Walk Leaders Name

Back up Leaders Name

Name of casualty

Date / time of accident

(sketch site if appropriate e.g road accident)

Description of accident

.....
.....
.....

Action taken by leader

Action taken by doctor / nurse (if appropriate)

.....

Diagnosis

Signatures:

Leader Casualty

Witness 1 — name / address

.....

Witness 2 — name / address

.....



ACKNOWLEDGEMENTS

This guide has used the "Walking Out West Guide" as a template for this document. The Wimmera PCP and Wimmera Regional Sports Assembly appreciate their support and assistance in allowing the usage of their document as a basis for the development of a walking group tool that will suit the conditions of the Wimmera.



HEALTH THROUGH PARTICIPATION

"Walking Out West" Project

This is a partnership project was between Melton Shire Council, Brimbank City Council and Melton – Brimbank PCP to improve the health of their community by encouraging people to walk on a regular basis.

