

Walking for Pleasure information sheet



Walking for Pleasure (WFP) is a program of NSW Sport and Recreation. It promotes regular walking as a fun, easy and social form of exercise that is suitable for adults of all ages.

A WFP club consists of adults from the local community who have a common interest in walking. The club is run by its members and adults from the community who may volunteer to assist.

NSW Sport and Recreation provides administrative support to those clubs that are registered and follow the scheduled procedures. It is recommended that before starting any physical activity program, such as walking, that you consult your local GP.

Walking shoes and clothes

The most important piece of walking equipment is a pair of sturdy, comfortable, lightweight walking shoes. Comfortable, well-fitting socks (usually a cotton blend is best) will help you avoid sore or blistered feet.

It is important also to wear light, loose layers of comfortable clothes, covering as much skin as possible, especially in the summer months. Walkers should also wear a hat, sunglasses and sunscreen.

Why be active?

One of the best ways of living a long and healthy life is through regular exercise. Regular physical activity helps to reduce the effects of ageing such as limited mobility, balance, flexibility and muscle strength. It also decreases the risk of heart problems and osteoporosis.

Research shows that older adults with active lifestyles are often as healthy as less active people aged 15 years younger.

Participating in a walking group has many benefits – it provides:

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| Motivation to walk | – It is much easier to get motivated and walk regularly when you have to meet someone to go for a walk. |
| A social activity | – You are able to chat with other people while walking. |
| Safety in numbers | – Many people do not feel safe walking on their own, as they may be afraid of dogs or concerned about falling. |
| An organised activity | – Many people prefer to have a set organised physical activity, rather than creating their own. |
| New people to meet | – WFP clubs provide a great network of participants with similar interests and provide people with a chance to meet others. |

BEST OF ALL – IT'S FREE!

For more information call

13 13 02

www.dsr.nsw.gov.au



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Participants' insurance cover

NSW Sport and Recreation does NOT provide insurance cover to participants. Participants are recommended to take out their own personal accident insurance.

Risk waiver

Please note that although NSW Sport and Recreation and its service providers attempt to minimise any risk of personal injury within practical boundaries, accidents do happen and all physical activities carry the risk of personal injury.

Walk Leaders have been trained to minimise the risks associated with walking, however, accidents may occur. By participating in the Walking for Pleasure program walkers acknowledge that there is an inherent risk in physical activities that will be undertaken as part of the program and they accept that they participate at their own risk. NSW Sport and Recreation accepts no liability whatsoever for injuries suffered in connection with or as a result of the Walking for Pleasure program. It is recommended that participants obtain their own personal insurance cover.

First aid

Walk Leaders are encouraged to gain first aid training and only carry a first aid kit that reflects their expertise.

For more information contact NSW Sport and Recreation on **13 13 02** or visit **www.dsr.nsw.gov.au**

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