

WILD WONDERFUL WALKING

Group Leader Training



Purpose: to prepare leaders to guide members during the 6-week walking challenge

Materials Needed: One Walking Group Kit for each group

Welcome to the Wild Wonderful Walking Group Leader Training.

You have taken the first step in helping your community become healthier. A community that walks is a healthy community. Do we all know each other? Let's each say our name and what motivated us to come today.

The goal of the new Wild Wonderful Walking Group program is simple...

MOVE MORE for better health!

When people get together and walk, they discover:

- it's fun
- they feel better
- being active together makes strong relationships.

The Walking Challenge is 6 weeks

Follow these three steps :

1. Have a kickoff get-together with your group. You'll give each a Health Form and a Walking Guide.
2. At least once each week during the 6-week challenge, meet to walk together and review the lesson. This adds extra activity and motivation.
3. Sometime during the last week, have a special group celebration activity. At that time, collect the members' walking logs.

Let's take a look at your Walking Group Kit. It includes:

- Step-by-Step Leader Guide – for you to clearly see what is to be done each week. The Walking Group Total Form is on the last page of your guide. Copy members' total weekly minutes or steps onto the form for your records.
- Kick-off Recruitment Flyer–your group can use this to invite more new members
- Health Form–each member fills out for emergency purposes
- Walking Guide–each member tracks daily minutes or steps;
- Handouts–to give to members at weekly get-togethers

It's important to follow safety guidelines with your group:

- Ask each member to fill out a Health Form. Bring completed forms to each group get-together.
- Be prepared. Have a cell phone handy to make emergency calls if necessary.
- Go over the 7 questions on "Your Check for Safety" on the back of the Health Form. If members answer "yes" to any of the questions, have them check with their healthcare provider before they begin a walking program.
- Talk about "How the Body Responds to Physical Activity" on page 7 of the Walking Guide to help members know what is normal and abnormal.

Pedometers may help members track their daily steps. If members have a pedometer, show them how to use it:

- Clip it on your waistband or belt, directly above the knee.
- Be sure it is horizontal to the ground, not angled or dangling from your clothes.
- Set it to zero. Walk 50 steps. Check the pedometer. If it reads 45 to 55, it is working correctly. If it reads more or less, reposition it and check again.

Other pedometer position options may work – on the side of the hips (for heavy persons) or clip on underwear (if there is no waistband or belt).

Keep motivated – get together each week for a walk or other fun activity.

Find a time and place that work for your group. Don't worry if everyone cannot come. Weather and schedules can be tricky. Your Step-by-Step Guide has suggestions. Be creative. Find ways to energize your group members. What ideas do you think will work with your group?

Celebrate your successes at the end of the 6 weeks.

Use the ideas in the kit or create your own group plan to share successes. What do you think would be a fun celebration?

Got questions? Let's talk about them.

Thanks so much for volunteering to be a Walking Group Leader - good luck!

Encourage the group to make plans to continue walking together AFTER this program is completed.

Walking benefits the body, mind, and soul.

How many benefits can we name?

- Have more energy
- Strengthens muscles, bones, joints, and organs (heart and lungs)
- Lose weight
- Lowers chances of diseases (some cancers, heart disease, stroke, diabetes, Alzheimer's, osteoporosis)
- Helps control certain conditions (high blood pressure, diabetes, overweight)
- Lifts your spirits
- Improves flexibility and stability
- Live longer
- Look your best
- Have time with friends and family – and meet new friends
- Set a good example for family members
- Sleep better
- Raises your HDL "happy" cholesterol level
- Feel more alert and able to concentrate
- Other Benefits: . . .