

## VIRTUAL LEARNING MODULES

# Walk-ways to strength and balance

“More than a walk in the park”

Three short learning modules for walking/sport leaders to support participants in getting ‘even more’ from the activities they love

- ✓ Walk-ways to Strength and Balance Champion's add extra value to existing walking activities
- ✓ Skills and tools to increase physical capability, physical literacy and confidence by introducing strength and balance activities that will contribute to the broader falls prevention agenda
- ✓ Only Walk-ways to Strength and Balance Champions are licensed to use our FREE resources with participants



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**ONLY £50** PLUS VAT

**DON'T FORGET**

**20% OFF**

FOR EDUCATION CONNECT MEMBERS



# About Later Life Training's Walk-ways to Strength and Balance

## BACKGROUND

- ✓ Designed for existing walk leaders and/or walking sports leaders
- ✓ Informed by national guidelines, policy and evidence
- ✓ Provides learners with correct information enabling them to disseminate, reinforce and encourage independently active older adults to consider participating in additional strength and balance exercises at home and to optimise opportunities in outdoor environments
- ✓ Approximately **1 hour online pre-reading and MCQ** followed by **three 1 hour virtual and interactive sessions** on LLTs elearning platform (across three days)
- ✓ Designed to enhance existing walking activities (NOT to teach strength and balance exercises)

## LEARNING AIMS

- ✓ Use the LLT 'Future-proof your Walking' resource to support greater benefits from walking activities
- ✓ Describe the role and scope of practice of a Walk-ways Strength and Balance Champion
- ✓ Describe why walking may not be sufficient to increase strength and balance for all older people
- ✓ Spark and develop meaningful conversations about strength and balance and how the 'Walk-ways to Strength and Balance' home exercise booklet could compliment walking.

## WHO IS THIS TRAINING SUITABLE FOR?

- ✓ Walk leaders/Health walk leaders
- ✓ Walking sports leaders, working with independently active older adults

## COMPLETION CERTIFICATE

- ✓ Attendees who complete the training will receive a certificate stating that they are a 'Walk-ways to Strength & Balance' Champion' and are committed to the dissemination of 'correct' information to older people about the benefits of maintaining strength and balance as part of walking programmes