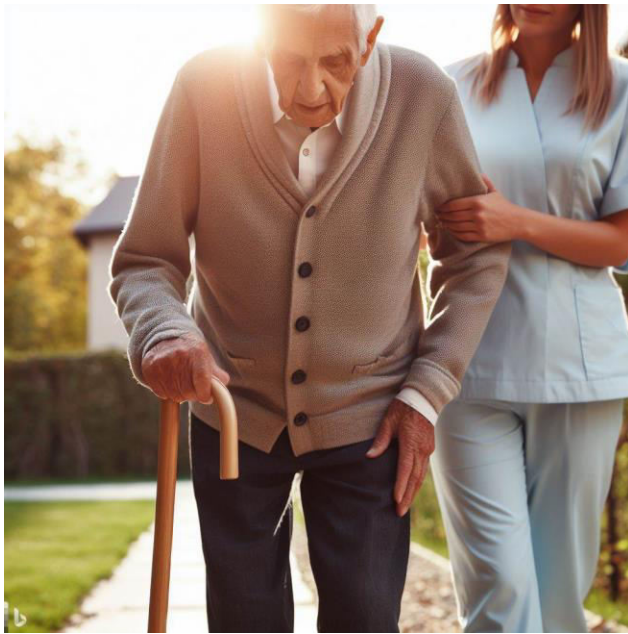


Walk in the nature



Goal:

The objective is to promote physical activity. A walk outdoors can be one of the simplest and most accessible forms of exercise for the elderly and is advantageous for both physical and mental health.

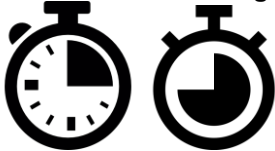
Preparation:

- If the elderly use a walker or cane, bring them along for extra support and safety.
- Plan the route in advance according to the clients' functional abilities and interests. Choose the walking route carefully and consider at least the following:
 - Is there an easy and aesthetic walking route in your area?
 - Always choose the route according to the elderly's physical ability and wishes (length, rest areas, environment and terrain, accessibility of the route).
 - Where would there be something interesting to look at, e.g. a park, a building, a stable, something else?
 - Are there park benches along the route to rest if necessary?

The Walk:

- Walk at the elderly person's own pace and take short breaks if he/she feels tired.

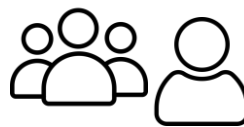
Time: Short or long



Activity: Activating



Fellowship: Together or alone



The duration of an outdoor walk for the elderly can vary depending on individual abilities, from 10 minutes up to 60 minutes. Make a plan to guide the walk regularly, preferably daily or several times a week, to benefit from the health advantages.

Source: The activity is created with inspiration from models and ideas from national material banks: ([Äldreinstitutets material på svenska: Promenadkompis för äldre](#), [Handbok för frivilliga promenadkompisar](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal