

## Walking group for elderly



### Goal:

The aim of the walking group for elderly is to promote physical activity, social interaction and improve general health and well-being. The walking group for elderly is an excellent outdoor activity that provides an opportunity for the participants to exercise together for e.g. 30 - 60 minutes.

### Preparations:

Plan the route in advance according to the clients' functional abilities and interests. Choose the walking route carefully and consider at least the following:

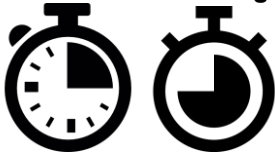
- Is there an easy and aesthetic walking route in your area?
- Always choose the route according to the elderly's physical ability and wishes (length, rest areas, environment and terrain, accessibility of the route).
- Where would there be something interesting to look at, e.g. a park, a building, a stable, something else?
- Are there park benches along the route to rest if necessary?

### Walking:

Gather the elderly in a safe and accessible meeting place, such as a nearby park or an area with wide paths. Decide on a time that suits the group and consider the weather by planning according to the weather conditions.

- **Warm up:** Start with a short warm-up (e.g. 5 minutes). The warm-up can include simple movements such as rolling your shoulders and arms and marching by lifting your knees in turn.
- **The walk:** Walk together at a steady pace (e.g. 20 minutes). Adapt the length and pace to the group's ability.
- **Stretching:** After the walk, stop and do some simple stretching exercises (e.g. 5 minutes): the elderly can stretch their neck, shoulders, arms and legs.

**Time: Short or long**



**Activity: Activating**



**Fellowship: Together**



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