

SILVER SALTIES



JOIN SILVER SALTIES! FUN, SAFE, SOCIAL AND HEALTHY!



Silver Salties is a physical activity and social connections initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Aus – Better Ageing Grants Program. Older Australians are a diverse group and could be any age e.g. 65yr+ or younger!

Silver Salties includes accessible, friendly, safe and beneficial activities at the park, clubhouse, beach, pool and surf which cater for older Australians regardless of their age, weight, mobility, fitness and experience. Morning tea afterwards is always encouraged too!

Silver Salties is:

- Social and fun
- Free surf life saving community membership
- Friendly, safe and beneficial activity
- A small time commitment
- For all older Australians in the community!

JOIN THE SILVER SALTIES PROGRAM AT: and be part of the surf lifesaving community!



Walk & Talk

Objective To promote the physical and social health benefits of 30+ minutes of moderate physical activity by doing a group coastal walk as well as connecting with the Surf Life Saving Club.

Duration

Day/s & Time

Cost

Meeting place

Intensity

Moderate

Format

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader – 5min
- Overview of walking route and the WALK option and TALK topic for the session by SLS Club Leader – 2min
- Warm-up including slow walking and gentle activities – 5min
- Walk and Talk - 15-30min
- Cool-down including slow walking and gentle stretches – 5min
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

INSERT
LOGO
HERE

sls.com.au/silver-salties



MOVE IT AUS
BETTER AGEING
GRANT