

Heart Foundation Walking Webinar

Walking in the Time of COVID-19

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Queensland
Government

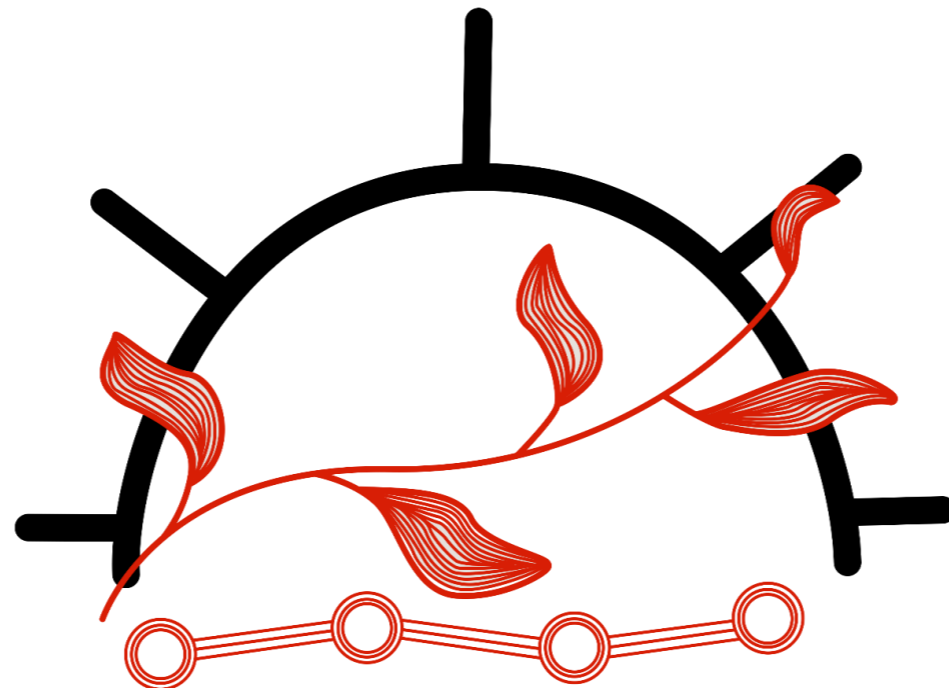


Acknowledgement of Country

We acknowledge that the Heart Foundation is spread across many of our traditional lands.

We pay respect to all traditional owners of these lands and those who under custodial law are charged with nurturing and protecting country.

We pay respect to elders past, present and emerging.



Walking in the Time of COVID-19

Attendees of this webinar will:

- Learn the importance of staying active during these times
- Learn new Heart Foundation Walking practices that can help you do so safely
- Learn about COVID Safety Plans
- Hear examples of how people are sharing streets to stay safe and keep physical distance while walking
- Hear examples of how LCs and WOs are keeping their walkers engaged

Questions



Q&A will be in the controls at the bottom of your screen.

Type your message and press **Send** to send it.

Note: As an attendee you can also like or comment on other attendee's questions.

Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

Walking during COVID-19



It's becoming apparent that physical distancing is going to be with us for a while.

So, what does this mean for Heart Foundation Walking?



Importance of staying active

COVID-19 has changed our habits


- Heart Foundation survey illustrates how COVID-19 has affected us all differently ¹
 - 30% are walking more than they normally would since COVID-19 restrictions came into effect
 - 25% are walking less
- Regular walking is one of the best choices to reduce your risk of heart disease, lower stress and build a healthier body
- Heartening that 1/3 of Australians are walking more, it's equally concerning that many are now walking less
- Many medical experts are stressing the importance of exercise, particularly walking, during COVID-19 ²
- Victoria Walks asked Facebook followers how they were handling their new reality and whether they had managed to take a quiet walk over the weekend ³ :

Lisa: 'I did both Saturday and Sunday. I went early in the morning. It took my mind off everything and made me feel as though I could face whatever gets thrown our way.'

Cath: 'Had a lovely walk around Blackburn Lake. Everyone observing social distancing, but still smiling and saying hello. Good to get out in nature and hear the birds.'

Deb: 'This weekend I hike Dromana to Cape Schanck Lighthouse and then on to Gunnamatta. Taking in the Two Bays hike and the Coastal Walk. It felt great to hike with friends for what might have been the last time in a while ...'

Heart Foundation Walking group relaunch

 **COVIDSAFE**

3 STEP FRAMEWORK FOR A COVIDSAFE AUSTRALIA

MAINTAIN 1.5M DISTANCING AND GOOD HYGIENE • STAY HOME IF UNWELL • FREQUENTLY CLEAN AND DISINFECT COMMUNAL AREAS • COVIDSAFE PLAN FOR WORKPLACES AND PREMISES

ALL STEPS ARE SUBJECT TO EXPERT HEALTH ADVICE • States and territories can implement changes based on their COVID-19 conditions

	GATHERINGS & WORK	EDUCATION & CHILDCARE	RETAIL & SALES	CAFES & RESTAURANTS	ENTERTAINMENT & AMUSEMENT VENUES	SPORT & RECREATION	ACCOMMODATION	WEDDINGS, FUNERALS & RELIGIOUS SERVICES	HAIR & BEAUTY SERVICES	DOMESTIC TRAVEL
STEP 1	STEP 1: The important first small steps - connect with friends and family - allowing groups of people to be together in homes and in the community. Businesses reopen, and more people return to work.									
	Non-work gatherings of up to 10 Up to 5 visitors at home in addition to normal residents Work from home if it works for you and your employer Workplaces develop a COVIDSafe plan Avoid public transport in peak hour	Child care centres, primary and secondary schools open as per state and territory plans Universities/technical colleges to increase face-to-face where possible and prioritise hands-on, skills based learning	Retail stores open Retail stores and shopping centre managers must develop COVIDSafe plans Auctions/open homes can have gatherings of up to 10, recording contact details	May open and seat up to 10 patrons at one time Need to maintain an average density of 4m ² per person Food courts are to remain closed to seated patrons	To remain closed: indoor movie theatres, concert venues, stadiums, galleries, museums, zoos, pubs, registered and licensed clubs, nightclubs, gaming venues, strip clubs and brothels Exception: Restaurants or cafes in these venues may seat up to 10 patrons at one time	No indoor physical activity including gyms Community centres, outdoor gyms, playgrounds and skate parks allow up to 10 people Outdoor sport (up to 10 people) consistent with the AIS Framework for Rebooting Sport Pools open with restrictions	Continue current arrangements for caravan parks and camping grounds (closed to tourists in some states and territories) Hostels and hotels are open for accommodation	Weddings may have up to 10 guests in addition to the couple and the celebrant Funerals may have up to 20 mourners indoors and 30 outdoors Religious gatherings may have up to 10 attendees Every gathering must record contact details	Hairdressers and barber shops open and record contact details Beauty therapy and massage therapy venues, saunas and tattoo parlours remain closed	Allow local and regional travel for recreation Refer to state and territory governments for border restrictions and biosecurity conditions
STEP 2	STEP 2: Building on slightly larger gatherings and more businesses reopening. Higher risk activities may have tighter restrictions									
	Non-work gatherings of up to 20 States and territories may allow larger numbers in some circumstances Work from home if it works for you and your employer Workplaces develop a COVIDSafe plan Avoid public transport in peak hour	Child care centres, primary and secondary schools open as per state and territory plans Universities/technical colleges to increase face-to-face where possible and prioritise hands-on, skills based learning	Retail stores open Retail stores and shopping centre managers must develop COVIDSafe plans Auctions/open homes can have gatherings of up to 20, recording contact details	Cafes and restaurants can seat up to 20 patrons at one time Need to maintain an average density of 4m ² per person Food courts are to remain closed to seated patrons	Indoor movie theatres, concert venues, stadiums, galleries, museums, zoos may have up to 20 patrons To remain closed: pubs, registered and licensed clubs, PSIs, clubs, casinos, nightclubs, strip clubs and brothels Exception: Restaurants or cafes in these venues may seat up to 20 patrons at one time	Up to 20 people allowed to participate in outdoor sports consistent with the AIS Framework for Rebooting Sport Up to 20 people allowed to participate in all indoor sports, including gyms Need to maintain an average density of 4m ² per person Pools open with restrictions	Caravan parks and camping grounds fully open All accommodation areas open and allow gatherings of up to 20 people	Weddings may have up to 20 guests in addition to the couple and the celebrant Funerals may have up to 50 mourners Religious gatherings may have up to 20 attendees Every gathering must record contact details	Hairdressers and barber shops open and record contact details Beauty therapy and massage therapy venues and tattoo parlours can open with up to 20 clients in the premises and record contact details Saunas and bathhouses remain closed	Allow local and regional travel for recreation Consider allowing interstate recreational travel depending on the situation in each state and territory Refer to state and territory governments for biosecurity conditions
STEP 3	STEP 3: A commitment to reopening of business and the community with minimal restrictions, but underpinned by COVIDSafe ways of living. States and territories will determine when to implement these changes.									
	All gatherings follow 4m ² rule, stay 1.5m apart when possible, stay home if unwell and get tested Return to workplace Workplaces develop a COVIDSafe plan Avoid public transport in peak hour	Child care centres, primary and secondary schools open as per state and territory plans Universities/technical colleges to increase face-to-face where possible and prioritise hands-on, skills based learning Consider reopening residential colleges and international student travel	Retail stores open Retail stores and shopping centre managers must develop COVIDSafe plans	Cafes, restaurants and food courts follow 4m ² rule, stay 1.5m apart when possible, stay home if unwell and get tested	Outdoor events can hold up to 25 per cent capacity for venues up to 40,000. Must be ticketed and seated Venues follow 4m ² rule, stay 1.5m apart when possible, stay home if unwell and get tested Consideration will be given to opening bar areas and gaming rooms To remain closed: strip clubs and brothels	Outdoor events can hold up to 25 per cent capacity for venues up to 40,000. Must be ticketed and seated Venues follow 4m ² rule, stay 1.5m apart when possible, stay home if unwell and get tested Community sport consistent with the AIS Framework for Rebooting Sport	All accommodation areas follow 4m ² rule, stay 1.5m apart when possible, stay home if unwell and get tested	Venues follow 4m ² rule, stay 1.5m apart when possible, stay home if unwell and get tested Every gathering must record contact details	All establishments allowed to open Record contact details	Allow interstate travel Refer to state and territory governments for biosecurity conditions

As COVID-19 restrictions continue to ease across the country, in accordance with Government guidelines⁴, Heart Foundation Walking groups can recommence from **Saturday 20 June 2020**, provided walking group meets the following criteria:

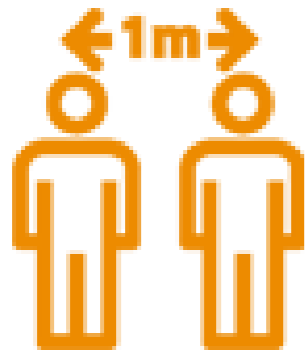
- Your State/Territory is in at least Step 2 of easing restrictions; and
- Your walking group has a **maximum** of 20 walkers if in Step 2, or a maximum of 100 if in Step 3

Please note: restrictions are changing day by day.

Walking Group Limits (as of 16 June 2020)

- **QLD:** 20 person limit
- **NSW:** 20 person limit
- **VIC:** 20 person limit
- **TAS:** 80 person limit (outdoor venues)
- **WA:** 100 person limit
- **SA:** 20 person limit
- **NT:** No limits on gatherings but maintain physical distancing
- **ACT:** 20 person limit
100 person limit (from 12 noon on Friday 19 June)

Heart Foundation Walking group relaunch



Everyone participating in a Heart Foundation walk must:

- Continue social distancing (keeping 1.5m distance from others), including social interactions before or after your walk;
- Stay home if unwell (e.g. fever, cough, runny nose, sore throat etc);
- Seek testing for any COVID-19 symptoms and report a positive test result to the HFW team as soon as possible;
- Practice good hand hygiene and cover coughs and sneezes.

Any social interactions organised for before or after each walk must also be in strict compliance with each state / territory government.

Heart Foundation recommendations

The Heart Foundation also encourages walkers to:

- Get the annual flu (influenza) vaccination;
- Bring your own hand sanitiser;
- Talk to their doctor about whether rejoining the walks at this stage, and is appropriate for them, particularly if participants are vulnerable. This includes older walkers, and those with chronic health conditions; and
- Download the COVIDSafe app and use it at all times.



Essential practices to ensure safe group walking – WO

As a Walk Organiser please:

- Take an attendance log at each walk.
- Ensure that all walkers are registered participants of the program.
- Ensure contact details are up to date on your online profile.

You can complete attendance manually or via your online profile.

You can view your online profile by visiting www.walking.heartfoundation.org.au/ and clicking **Log In** and the top-right of your screen.

Logged in

My Dashboard



Only 23 more walks until you reach your next achievement of 25 walks!

Next Walk **09 May 2020**
Parkland Walkers Walk organiser

Join a Group

General

Overview

Add Group

Manage Group

Add Walker

Manage Walkers

Recruit Users

Record Attendance

Resources

Overview

Local Snapshot

Walkers	Groups	Total Walks Achieved	Time in Program	Last Attendance Record
4	1	2	1 day	2020-03-01

My Groups

Groups Organised

Group Name	Walkers	Total Group Walks	Last Attendance Record	Walks You've Attended
Parkland Walkers	4	2	2020-03-01	2

Suggested Local Groups

10 MAY 2020	Adelaide Walkers	Join Walk organiser
6 MAY 2020	North Adelaide Community Centre Walkers	Join Walk organiser
6 MAY 2020	Unley Walkers	Join Walk organiser
12 MAY 2020	Burnside Walkers	Join Walk organiser
8 MAY 2020	Burnside Briskers	Join Walk organiser
12 MAY 2020	Walking Wombats - Hutt St Centre	Join Walk organiser
8 MAY 2020	Walk with Friends	Join Walk organiser
9 MAY 2020	The White Walkers	Join Walk organiser
11 MAY 2020	ASWCC Monday	Join Walk organiser
12 MAY 2020	ASWCC Tuesday	Join Walk organiser

Essential practices to ensure safe group walking – LC

As a Local Coordinator please:

- Reiterate that all walkers MUST be registered, and attendance logs submitted on-time (compliance to return to walking).
- Ensure your contact details are up to date on your online profile.

You can view your online profile by

visiting www.walking.heartfoundation.org.au/ and clicking **Log In** and the top-right of your screen.

Logged in

My Dashboard



Only 23 more walks until you reach your next achievement of 25 walks!

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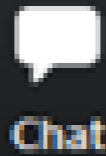
Questions



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Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

COVID Safety Plans - An Overview



The basis of all mandatory Heart Foundation Walking COVID Safety Plans, is as follows (next slide):

COVID Safety Plan

Please use the following form to document your plan for how your staff and patrons will be kept safe during the COVID-19 pandemic.

HFW COVID Safety Plan

Everyone participating in a Heart Foundation walk must:

- *continue social distancing (keeping 1.5m distance from others).*
- *stay home if unwell (e.g. fever, cough, runny nose, sore throat etc).*
- *seek testing for any COVID-19 symptoms and report a positive test result to the HFW team as soon as possible.*
- *practice good hand hygiene and cover coughs and sneezes.*
- *have their own water bottles, towels and personal items which will not be shared.*

HFW COVID Safety Plan (cont.)

The Heart Foundation also encourages walkers to:

- *download the COVIDSAFE app and use it at all times.*
- *get the annual flu (influenza) vaccination.*
- *bring own hand sanitiser to each walk and use pre, during and post the walk.*
- *talk to their doctor about whether re-joining the walks at this stage is appropriate for them, particularly if participants are vulnerable. This includes older walkers, and those with chronic health conditions.*

HFW COVID Safety Plan (cont.)

Walk Organisers must:

- *take an attendance log at each walk (for safety and contact tracing purposes).*
- *ensure all walkers are registered participants of the program.*
- *limit number of participants per group if necessary, to adhere to restrictions – **please check on any capacity restrictions in your own state or territory.***

Please note, if you conduct your walks in a Shopping Centre (i.e. indoors), you must follow the Heart Foundation COVID Safety Plan as described, as well as any direction received from the Shopping Centres (as they must ensure the implementation of any relevant legislation over and above what we may be required to do).

South Australia

- SA requires that the Heart Foundation has a specific government prescribed COVID Safety Plan.
- The Heart Foundation has submitted A COVID Safety Plan on behalf of ALL South Australian walking groups.
- If you are a Walk Organiser and you are requested to provide information to anyone about your “COVID Safety Plan” please refer to correspondence received by Heart Foundation Walking.
- This correspondence includes our expectations and recommendations on how to safely participate in your walks and this is our “COVID Safety Plan”.
- You **do not** need to complete or submit individual plans.



New South Wales

- NSW requires that the Heart Foundation has a general COVID Safety Plan but does not require that a separate plan be submitted for each walking group.
- If you are a Walk Organiser and you are requested to provide information to anyone about your “COVID Safety Plan” please refer to correspondence received by Heart Foundation Walking.
- This correspondence includes our expectations and recommendations on how to safely participate in your walks and this is our “COVID Safety Plan”.
- You **do not** need to complete or submit individual plans.



ACT

- Whilst not “required”, it is recommended that HFW develop a “Covid-safe Environmental Plan” consistent with ACT Government guidelines.
- The Heart Foundation has created a template COVID Safety Plan.
- If you are a Walk Organiser and you are requested to provide information to anyone about your “COVID Safety Plan” please refer to correspondence received by Heart Foundation Walking.
- This correspondence includes our expectations and recommendations on how to safely participate in your walks and this is our “COVID Safety Plan”.
- You **do not** need to complete or submit individual plans.



Victoria

- It is not a requirement for Heart Foundation Walking to complete any sort of government prescribed template.
- However, if you are a Walk Organiser and you are requested to provide information to anyone about your “COVID Safety Plan” please refer to correspondence received by Heart Foundation Walking.
- This correspondence includes our expectations and recommendations on how to safely participate in your walks and this is our “COVID Safety Plan”.
- You **do not** need to complete or submit individual plans.



Tasmania

- It is not a requirement for Heart Foundation Walking to complete any sort of government prescribed template.
- However, if you are a Walk Organiser and you are requested to provide information to anyone about your “COVID Safety Plan” please refer to correspondence received by Heart Foundation Walking.
- This correspondence includes our expectations and recommendations on how to safely participate in your walks and this is our “COVID Safety Plan”.
- You **do not** need to complete or submit individual plans.



Queensland

- QLD requires that Heart Foundation Walking has a general COVID Safety Plan.
- The Heart Foundation has created a template COVID Safety Plan.
- If you are a Walk Organiser and you are requested to provide information to anyone about your “COVID Safety Plan” please refer to correspondence received by Heart Foundation Walking.
- This correspondence includes our expectations and recommendations on how to safely participate in your walks and this is our “COVID Safety Plan”.
- You **do not** need to complete or submit individual plans.



Western Australia

In WA **each walking group** is required to submit a plan prior to relaunching. If you are a Walk Organiser in WA **you are required to please complete a COVID safety plan on behalf of your group** – as has been communicated. We have provided you with dot points that form the basis of the “plan” and instructions regarding most of the fields you will need to fill in. Once you have submitted the plan on your group’s behalf, **please email HFW** to confirm that you have completed your plan. All WA Walk Organisers and Local Coordinations have been emailed a partially completed COVID Safety Plan by the Heart Foundation Walking team. This plan needs to be completed in accordance with the email’s instructions and **brought to each walk** by the group’s Walk Organiser.



Northern Territory

In the NT **each walking group** is required to submit a plan prior to relaunching. If you are a Walk Organiser in the NT **you are required to complete a COVID safety plan on behalf of your group** – as has been communicated. We have provided you with dot points that form the basis of the “plan”. Once you have submitted the plan on your group’s behalf, **please email HFW** to confirm that you have completed your plan. It is also a government requirement in the Northern Territory that all groups submit your COVID safety plan online at the following link:

<https://forms.nt.gov.au/Produce/wizard/b0dd7d50-fec6-44c7-aabb-0293af2273cd/?prepared=true&logGuid=6184d785-47a2-4724-b4c5-6446e1f5571b>



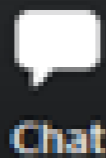
Questions



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Audio Settings ^



Chat



Raise Hand



Q&A

Leave Meeting

Q: I'm a Walk Organiser and don't feel comfortable starting up my walking group just yet.

You do not have to restart on the 20th if you don't want to, however please let your group know or consider finding alternative WO.

Q: What happens if someone in our walking group tests positive to COVID-19?

Please follow your state government's instructions.

We encourage walkers to seek testing for any COVID-19 symptoms and report positive test result to the HFW team as soon as possible. Call 13 11 12 or email walking@heartfoundation.org.au to complete an Incident Report Form.

Q: My walking group walks indoors, what other considerations are there?

Added hygiene precautions should be followed and ensure social distancing is practiced at all times.

Please refer to specific information for your state/territory regarding indoor / outdoor gatherings:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/easing-of-coronavirus-covid-19-restrictions/easing-of-coronavirus-covid-19-restrictions>

Q: I am a Walk Organiser with a walking group that has more than 20 walkers, what do I do?

Maximum of 20 people are allowed to meet and participate in outdoor activities. A solution is to split up into separate groups and stagger the start of each group.

For example, should 24 walkers turn up to a walk, split into 2 groups and one group begins their walk 5-10 minutes before the second.

If you chose to do this, both groups must be led by a registered Walk Organiser.

Contact walking@heartfoundation.org.au if you would like more information.

Active, busy streets



COVID-19 has dramatically shifted our lives and the ways we move about our cities.

Tight restrictions have lead to increases in walking and cycling.





Active-friendly infrastructure

- **Paris** – 650km emergency bike lanes
- **Milan** – 35km of streets transformed for walking and cycling
- **Oakland** – 10% of the city's streets for walking and cycling
- **New Zealand** – Significant funding to help councils create people-friendly spaces
- **Melbourne** – 40km of new bike lanes and wider footpaths
- **Sydney** – 10km of new bike lanes ⁵



If you're interested in learning more...

Healthy Active by Design

These resources have been created by the Heart Foundation and our partners for active living initiatives around Australia.

<https://www.healthyactivebydesign.com.au/resources/publications>

Tips for walking while physical distancing ⁶

1. Pick your time and place
2. Bring your own supplies
3. Be predictable on shared paths
4. Check state park alerts
5. Be considerate and friendly

QLD: <https://parks.des.qld.gov.au/park-alerts/>

NSW: <https://www.nationalparks.nsw.gov.au/alerts>

VIC: <https://www.parks.vic.gov.au/get-into-nature/safety-in-nature/covid-19-update>

ACT: <https://www.environment.act.gov.au/home/home-news-listing>

TAS: <https://parks.tas.gov.au/explore-our-parks/know-before-you-go/alerts>

SA: <https://www.parks.sa.gov.au/know-before-you-go/closures-and-alerts>

WA: <https://alerts.dbca.wa.gov.au/>

NT: <https://dtsc.nt.gov.au/covid-19-information-for-stakeholders/parks-and-reserves-whats-open>



Practical ideas for WOs to ensure physical distancing

If you're usual route or routine may prevent physical distancing, here are some ways to ensure you can physical distance:

- Mix up your route by walking every street in the suburb
- Changing an 8am walk to 9am to avoid work crowds, similarly 5pm to 4pm
- Sharing a virtual (video or photo) coffee after the walk instead of gathering
- Go for different, themed walks e.g. wildlife, architecture, gardens, food etc.
- Post to Facebook group for those who can't or don't feel comfortable joining just yet



Keeping our walkers engaged during this time

Ideas for Local Coordinators and Walk Organisers

Ideas for LCs

- **Staying connected with WOs who aren't online**

Suggestion: get in touch with WOs who don't have an email via phone

- **Looking after mental health while socially isolating**

Looking after your Mental Health Tips:

<https://walking.heartfoundation.org.au/benefits-of-walking/blog/looking-after-your-mental-health-in-social-isolation>

- **Staying active and eating healthy while at home**

Staying Active at Home Tips:

<https://www.heartfoundation.org.au/news/surprising-ways-your-family-can-meet-the-challenge-to-keep-active>

<https://www.heartfoundation.org.au/news/self-isolating-quarantined-working-from-home-here-are-our-tips-for-staying-active>

Eating Healthy at Home Tips:

<https://www.heartfoundation.org.au/news/five-hearty-eating-tips-for-home-isolation>

Walk yourself
happy

Heart Foundation Walking



There's
to feel happy
and we're

There's a fun, free and easy way
to feel happy and healthy. It's walking –
and we're here to help get you started.

Visit walking.heart
or download
walk solo

Visit walking.heartfoundation.org.au to join a free walking group
or download the Heart Foundation Walking app to
walk solo. **Call 13 11 12 for more information.**

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Ideas for LCs (cont.)

- **Create new flyers for walking groups in readiness for HFW resuming**

HFW Website Resources

<https://walking.heartfoundation.org.au/resources/marketing-advertising-and-promotion>

- **Contact the shopping centres where you have groups walking**

Suggestion: discuss HFW relaunch with WO and shopping centre management

Ideas for WOs

- Have you created a group email to connect your walkers?
- Do you have any walkers that you are concerned about and want to try to reach out to them with a phone call or an email?
- Could you set up a roster system in your group to call those who are socially isolated and would greatly appreciate the contact?
- Do you know you can check for your walkers details in your online Walk Organiser dashboard?

www.walking.heartfoundation.org.au/

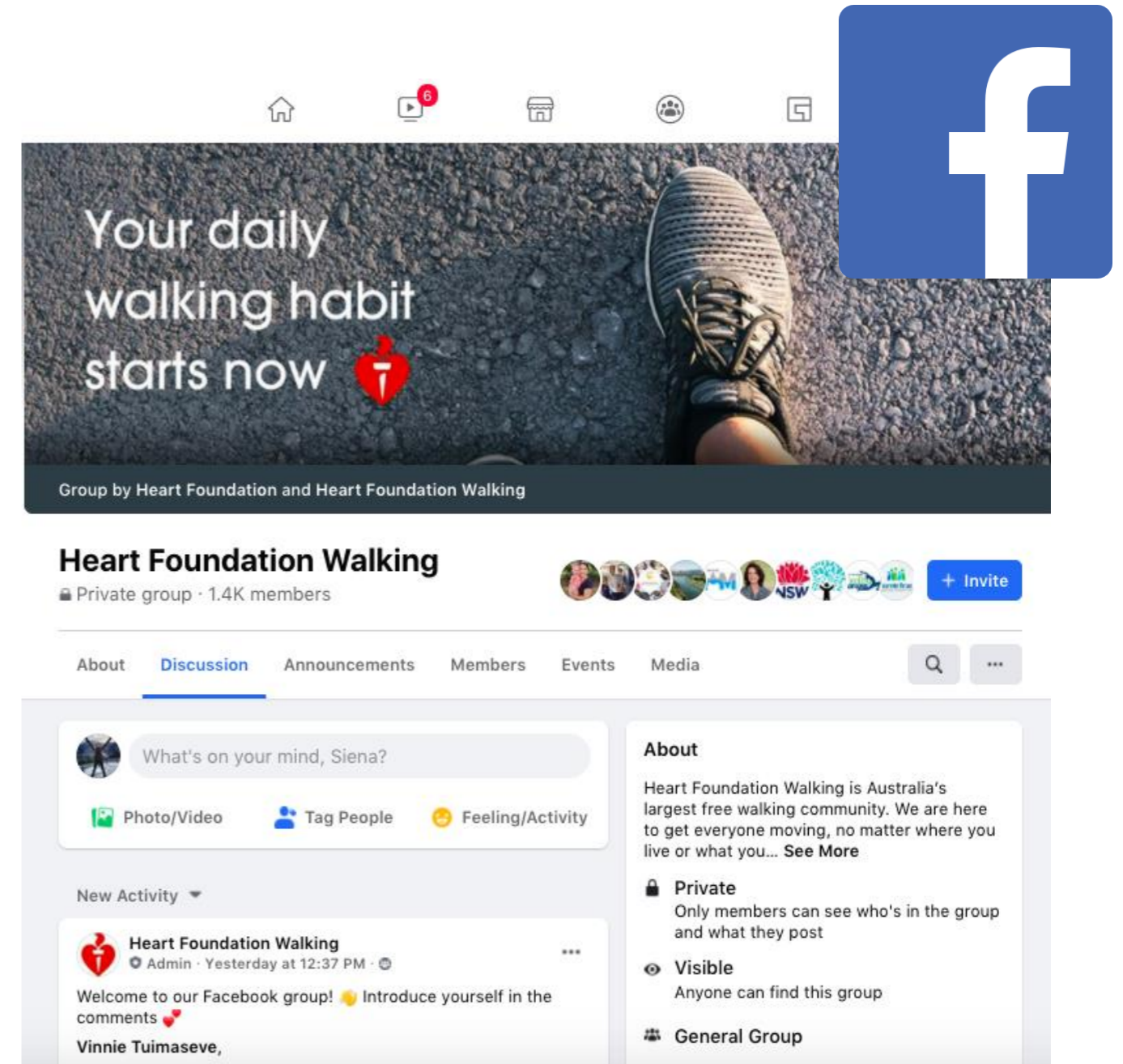


Facebook

Great platform to stay connected

- Start your own Facebook group
- Start your own virtual walk using 'Rooms'
- Join the Heart Foundation Walking group
- Join a Heart Foundation virtual walk

<https://www.facebook.com/groups/HFWalking/>



Facebook logo

Your daily walking habit starts now

Group by Heart Foundation and Heart Foundation Walking

Heart Foundation Walking
Private group · 1.4K members

About Discussion Announcements Members Events Media

What's on your mind, Siena?

Photo/Video Tag People Feeling/Activity

New Activity

Heart Foundation Walking
Admin · Yesterday at 12:37 PM · 🌟
Welcome to our Facebook group! 🌟 Introduce yourself in the comments 🌟
Vinnie Tuimaseve,

About
Heart Foundation Walking is Australia's largest free walking community. We are here to get everyone moving, no matter where you live or what you... [See More](#)

Private
Only members can see who's in the group and what they post

Visible
Anyone can find this group

General Group

Questions



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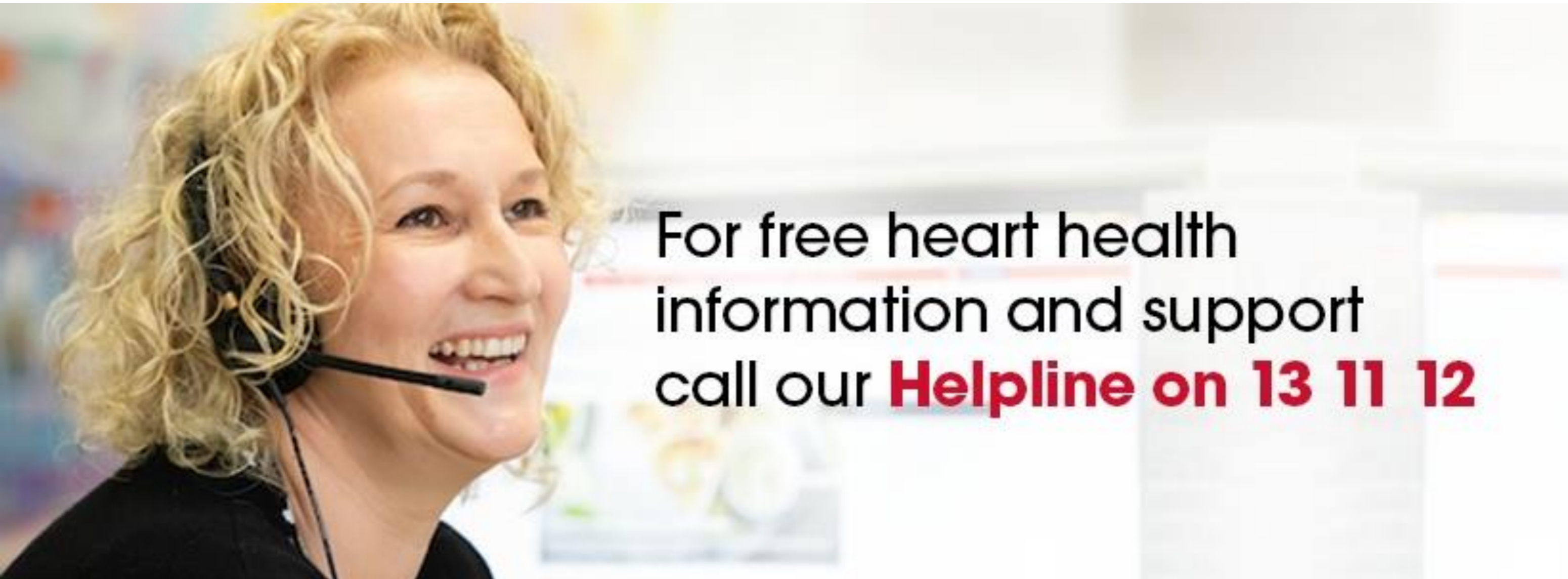
Q&A

Leave Meeting

Thank you



The slides and recorded version of this webinar will be available soon on the Heart Foundation Walking website.



For free heart health
information and support
call our **Helpline on 13 11 12**

Reference List

1. Heart Foundation. New survey: 40% of Aussies working from home walking less during lockdown [Internet]. Heart Foundation. 2020 [cited 10 June 2020]. Available from: <https://www.heartfoundation.org.au/media-releases/New-survey-Aussies-working-from-home-walking-less>
2. Victoria Walks. Covid-19: Is it still OK to go for a walk? [Internet]. Victoria Walks. 2020 [cited 10 June 2020]. Available from: <https://www.victoriawalks.org.au/news/1665>
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