



Probus Club of Breakfast Point Inc.

District No: 9690 Club No: 9003922 Date: Sept 2011

www.probusbp.org

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Walking Group

(Fitness and Interest)

Getting started:

We all know the health benefits of walking and have heard of “aerobics” but possibly have never known exactly what it means.

Aerobic activity literally means *in the presence of air*. Aerobic activity is also referred to as “CV” (cardiovascular) activity because this type of activity trains your heart, lungs and circulatory system and for this reason is perhaps the most important aspect of any fitness programme.

The American College of Sports Medicine (ACSM – a reputed source of guidelines for health and fitness) recommends that for general health and wellbeing, everybody should perform moderately intense CV activity for 30 minutes a day, five days per week or vigorous CV activity for 20 minutes three days per week.

CV activity is any rhythmical activity that involves the major muscle groups of the body and can be maintained continuously. In other words, moving your body by brisk walking, cycling – stationary or

outdoor, swimming, hiking, stair climbing, dancing, rowing etc.

Intensity is the effort that you apply to your activity. A moderate intensity means working hard enough to raise your heart rate, increase your breathing and cause you to break into a sweat; however, you should still be able to hold a conversation.

Low intensity would feel easier however at a high intensity you would be breathing hard and only able to complete one sentence comfortably.

As a general guide the following times apply for walkers:

- one kilometre in 10 minutes is **fast**
- one kilometre in 12 minutes is **moderate**
- one kilometre in 15 minutes is **easy**

References: heartfoundation.org.au
weightwatchers.com.au

I emphasise the walks are not a race and the only person you are competing against in the “Walk for Fitness” is yourself – aiming to maintain or reduce your time and increase your general fitness, therefore you may wish to time and record each walk for future reference.

You are most welcome to join in any or all of the walks and I look forward to meeting you!

The general information below covers both the “Walk for Fitness” and “Walks of Interest” with the proposed schedule of “Walks of Interest” listed over or refer www.probusbp.org

When and where to meet:

Walk for Fitness:

The corner of Breakfast Point Boulevard and Village Drive, Tuesdays and Thursdays 6.30am start.

What to wear:

Comfortable clothing, well cushioned walking shoes, hat, sunglasses and SPF 30+ sunscreen.

What to bring:

A stopwatch if you intend to maintain a time record of your walks (Fitness only).

Water, snack/lunch, wet weather gear/umbrella and camera.

Wet weather:

The walk may be cancelled in extreme weather, if in doubt contact Doug on 8765 9121 or 0429 468 867

Walk length:

The “Walk for Fitness” is 4.8 kilometres through the Breakfast Point complex and surrounds, this will vary as we progress.

The “Walks of Interest” will vary depending on location (see schedule).

As a general guide the following walk levels apply:

- **Easy:** Relatively gentle grades and good surfaces. Suited to most people.
- **Medium:** Includes rough or steep sections. Could require some climbing over natural obstacles.
- **Hard:** Strenuous walks involving steep ascents or descents over rougher terrain. Suited to fit and experienced walkers.

Transport:

It is anticipated that for most “Walks of Interest” we will use public transport; however for walks at Palm Beach for instance we may hire a bus

Registering your participation:

As with all Probus activities you will be required to “sign in” before each walk commences for Insurance purposes. It is the member’s responsibility to advise the leader if you wish to leave the group. This is covered in the tours and activities policy.

Conditions:

Members are advised that it is a condition of their participation in the walks that they do so at their own risk. The Probus Club of Breakfast Point and convenor (s) do not accept any responsibility for any loss, damage or injury to any member however such loss, damage or injury may arise. Members should consult their GP before commencing any form of physical activity. Members are responsible for any personal expenditure.

FITNESS WALK 1

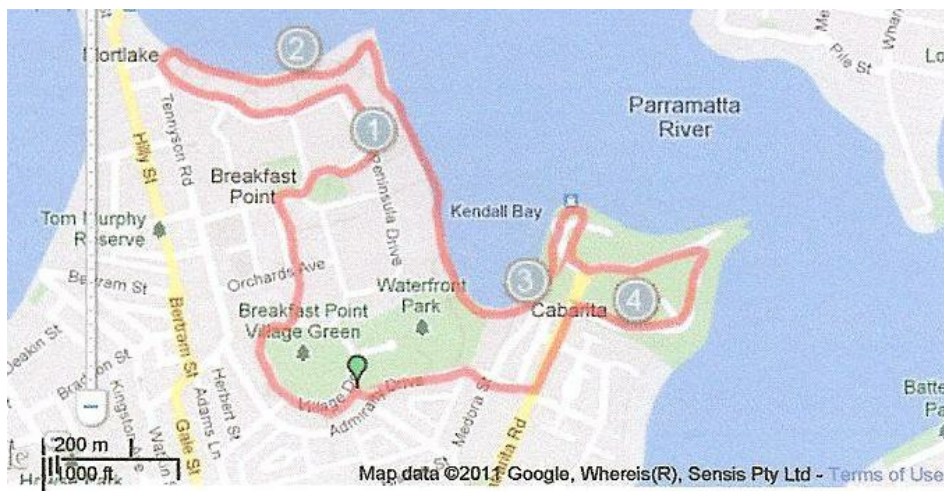
This walk is mainly within the boundaries of Breakfast Point

Start Point Cnr The Boulevard and Village Drive

- Walk to the left (south) on Village Drive, keep the Village Green on your right and turn left into Juniper Drive
- Follow Juniper Drive to the end and turn right into Magnolia Drive
- Follow Magnolia Drive into Rosewater Circuit and continue to Peninsula Drive
- Turn left into Peninsula Drive and continue to Tennyson Road
- ***This is the 1.5 kilometre point***
- Turn right into Tennyson Road and follow it to the Waterfront Walking Track
- Follow the Walking Track around the water's edge, over the small bridge and then follow to the left towards the Ferry Wharf
- At the roundabout follow the road to the right up the hill to the car park then follow the walking path to the children's playground, continue along this road
- At the roundabout turn right and continue past the swimming pool to Cabarita Road
- At Cabarita Road turn left and follow to Mendora Lane and turn right
- Follow Mendora Lane into Admiralty Drive and continue to the Boulevard
- At the Boulevard turn right follow to the Cnr of the Boulevard and Village Drive, **the Finish Point**

Finish Point: This is the 4.8 kilometre point

Note: Record your time if you wish to maintain a walk time schedule



Probus Club – Providing Friendship, Fellowship and Fun for active retirees