



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!



Tai Chi & Meditation

Objective To promote physical health including balance and strength, and emotional wellbeing through a series of slow, relaxed, non-strenuous movements in the park near the beach.

Duration	Day/s & Time	Cost	Meeting place	Intensity
				Light to Moderate

Format

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader. This may involve introducing the Tai Chi instructor – 5min
 - Warm up including head rolls, simple stretches, shoulder rolls, arm circles, knee circles and hip rolls – 5 min
 - Tai Chi form / routine – approx. 10-20min
- Cool-down including slow walk, 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

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BETTER AGEING
GRANT