

Saskatoon Council On Aging Globe Walk



The Saskatoon Council on Aging (SCOA) Globe Walk was created in 2012, in response to community consultations which identified that older adults needed more opportunities for physical activity and social connection in the winter months. SCOA has three areas of focus which this program fulfills – **staying active, informed, and engaged**. “The Globe Walk program involves participants ‘walking’ around the globe by tracking their daily/weekly/monthly kilometers, including all movement.”

“In 2023, the Globe Walk theme was ‘Movement Around the Globe’ and participants took part in a wide range of physical activities including walking the indoor track at the Saskatoon Field House, being introduced to Irish, Chilean, and Ukrainian dance, and educated on the history/story of Indigenous hoop dance.” To cap off the program, SCOA hosts a Globe Walk year-end luncheon to celebrate the achievements of all participants! Looking forward, “the 2024 SCOA Globe Walk theme is ‘Discovering the Blue Zones,’ where the participants will learn about regions across the world with the healthiest and longest-living people live. These communities are located across the globe and represent a variety of different cultures with lifestyle similarities including minimizing stress, moving regularly, sticking mostly to a plant based diet, and having a clear sense of purpose. Globe Walk participants will learn about these populations that not only live longer but also enjoy a high quality of life in their older age.”

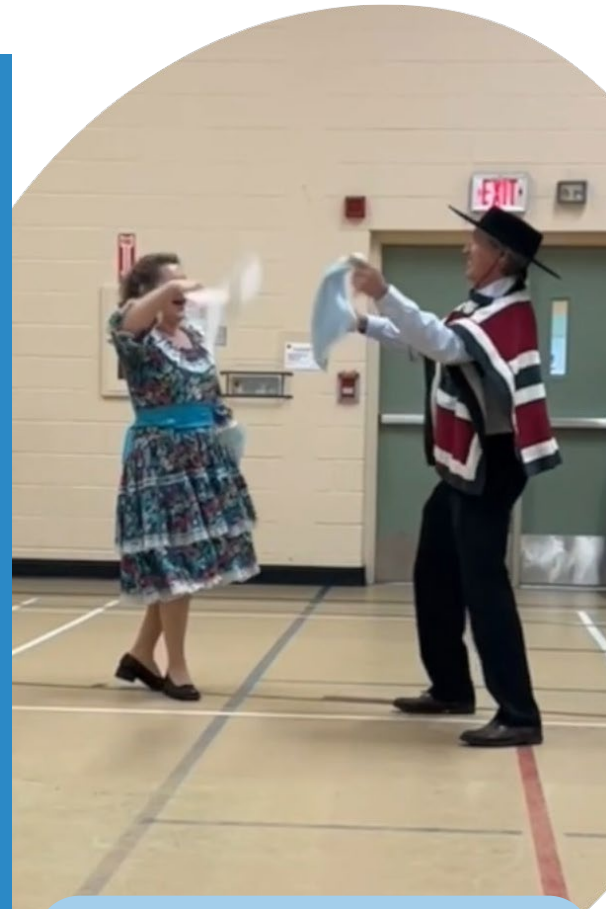
From a Globe Walk Participant:

“I have been an enthusiastic participant in the Globe Walk since it’s inception 11 years ago when I saw a tiny ad in the star Phoenix recruiting seniors to become team captains who’s job it would be to gather together a team of seniors and support them to commit to daily exercise during the winter months from January to the end of April. I signed up immediately! It was hoped that the combined efforts of all the teams would take the participants around the globe - hence the “Globe Walk” title of the program! Indeed it was a grand success!

Even though I already was a passionate walker I found the program helpful in supporting me to give more priority to maintaining my daily exercise. I also delighted in encouraging others! The monthly large group events and the sponsored lanes for walking at the Field House also provided lovely opportunities for participants to connect socially making exercise more fun and rewarding! I especially appreciated that the Globe Walk was all inclusive. All seniors could participate regardless of one’s mobility issues as all physically activity counted not just walking!

Being both a passionate walker and also a passionate Canadian I had had a long standing dream of walking the Trans Canada Trail but that dream began to fade as I aged but with the Globe Walk destination one year being the TransCanada Trail, I with the combined efforts of my team walked the TransCanada Trail from coast to coast - virtually of course, but what a thrill!

Warm regards, Joyce



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