

The 5x5 program is a free, community-based walking initiative that promotes regular physical activity and social engagement in an outdoor, natural setting. It runs over five weeks, with weekly 5km walks or shorter routes for those with different fitness levels. The program targets sedentary individuals or those with limited physical activity, aiming to improve both physical and mental health outcomes through consistent participation.

## Inputs

- Staff: Health Promotion Officers, event organizers, volunteers.
- Partners: local councils, community organisations, businesses (for sponsorship), and health sector collaborations (e.g., National Heart Foundation Walking Groups, Parkrun).
- Funding: Government and community grants, sponsorships from local businesses.
- Resources: Walking route planning, promotional materials, first aid kits, event equipment (sign, flags, folding tables).
- Venues: Public parks, local community spaces.



## Outputs

### Participants

- Sedentary individuals, socially isolated people with chronic conditions, families with children, and elderly participants.
- Community members interested in walking groups.

### Activities

- Weekly 5km walks held over five weeks, offering flexibility for shorter distances and targeting participants of all fitness levels.
- Social Connection: Weekly meetups to foster community bonding, encourage socialisation, and connect participants with local services.
- Volunteers and Community Champions: Recruiting and training of volunteers to help lead walks and facilitate activities, fostering a sense of local ownership.
- Highlighting of native flora, fauna and any Aboriginal culturally significant locations.

### Products

- Flyers, promotional materials, maps for walking routes, participant sign-up and feedback forms, social media engagement, partnerships with ongoing physical activity initiatives (e.g., Parkrun).



## Outcomes & Impacts

### Short term

- Increase in participants' physical activity levels.
- Improved awareness and understanding of the benefits of regular walking and exercise.
- Increased social interactions and reduced isolation through weekly group walking sessions.
- Increased knowledge of the benefits of physical activity, improved mood and social connectedness, creation of social links with other participants.

### Medium term

- Establishment of new walking habits and routines among participants.
- Strengthened sense of community connection and belonging.
- Participants develop improved confidence in their physical abilities.
- Participants engage in local health services and walking groups beyond the program.
- Sustained behaviour change towards a more active lifestyle, improved mental health.

### Long term

- Sustained physical activity habits that reduce sedentary behavior.
- Improved physical and mental health, including reductions in obesity, hypertension, and diabetes.
- Strengthened community ties and ongoing participation in local wellness initiatives (e.g., Parkrun, local walking groups).
- Participants serve as role models, encouraging friends and family to adopt healthier lifestyles.



## Assumptions:

- Participants will find value in the physical and social aspects of the program and will remain engaged throughout the 5-week duration.
- Community partners will continue to support the initiatives by providing health information and promoting ongoing activities.



## External Factors:

- Weather conditions that could impact walk participation.
- Availability of walking routes and community centers for hosting sessions.
- Community interest and buy-in from local councils and businesses.
- Proximity of free outdoor gym equipment can provide optional extra opportunity for exercise.