



### WALKING BASKETBALL REGISTRATION FORM

FIRST NAME \_\_\_\_\_

SURNAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

GENDER      MALE      FEMALE

POSTCODE \_\_\_\_\_

EMAIL \_\_\_\_\_

PHYSICAL ACTIVITY CATEGORY      INACTIVE      SOMEWHAT ACTIVE  
MODERATELY/VIGOUROUSLY ACTIVE

#### WHAT IS YOUR PHYSICAL ACTIVITY CATEGORY

Participants need to choose one of the following physical activity categories that best describes their level of physical activity **prior to attending the Walking Basketball program**. In the week prior to starting Walking Basketball, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and a brisk walk or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be a part of your job.

0 days per week	Inactive
1-3 days per week	Somewhat active
4-7 days per week	Moderately/vigorously active

Altona basketball has adopted a new concept in basketball:

## **WALKING BASKETBALL**

Tuesday 12th March  
 10.00am until 10.45  
 Altona Sports Centre  
 Cost Free

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**Statistics show that walking for just 30 minutes a day can help maintain and improve health and reduce levels of risk associated with inactivity.**

**Walking regularly improves balance, coordination and spinal health; increases aerobic fitness; improves heart and lung function; aids weight loss; decreases bone loss; improves blood and lymph circulation; and boosts mood, alertness and energy levels.**

**Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for inactive and slightly active Victorians including those recovering from injury. The program provides optimal health benefits to all who participate including those who might be intimidated by the pace and impact of a traditional basketball game but love the slower more social version of Walking Basketball.**



**Walking basketball is for participants across all ages, genders and abilities and helps to maintain and improve health and decrease risk factors associated with sedentary behavior.**

**What makes Walking Basketball stand out from most activities is that it doesn't matter if you have never played the game of basketball before or you are pretty handy on the court as this will still be a level playing field for everyone within a social, fun and non-competitive environment.**

**Want to know more?**

## **Benefits of Walking Basketball**

### ***For Providers***

- **Increased social connectivity and opportunity to diversify**
- **Greater respect and recognition from the wider community by being more accessible. This recognition can come from local councils, media and possible sponsors**
- **Possible greater volunteer/administration services and skills**
- **Give confidence in their bodies that they might have lost, never had or feel like they are losing.**
- **Keeping active within a social environment**
- **A fun way to slow down the aging process, and help feel stronger and young at heart.**
- **An environment where intimidation or anxiety about fitness or skill level is a non issue**
- **Informal and relaxed structure allowing flexibility that suits the participant**