

Amana Living residents step into spring and aim for the world walking record

1 September 2008

Seniors at Amana Living's St George's Home in Bayswater are putting their best foot forward in a bid to step into the Guinness Book of World Records as part of WA's Giant Walk.

In fact they will join forces with tens of thousands of other West Australians on Monday 1 September, who will also be walking at the same time to see if they can break the world record that Canada currently holds.

The event coincides with Be Active WA day which encourages West Australians to become more active for a fit and healthy lifestyle.

St George's Home's Occupational Therapist Deb Waghorn, who organised for the local seniors to take part in the Giant Walk, said keeping fit and healthy was important for all Amana Living's residents.

"Amana Living is focused on helping our residents live life to the full and that involves staying fit and healthy, having a bit of fun and achieving new goals in life," she said.

"Taking part in the Giant Walk does all of those things and more, and our residents have been enjoying getting out there and training for the big day on Monday.

"We're all looking forward to taking part and giving it a go."

To break the record, more than 231, 635 Australians are needed to walk at the same time on 1 September 2008, which is 12pm WA time.

Amana Living operates 17 retirement villages, 10 hostels, five nursing homes and three day clubs throughout Western Australia. It provides specialised care for dementia residents and their families, as well as a wide range of community services to people living in their own homes.

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