

Bankmed Presents **Move/Walk for Vitality**

Retiree Roadshow 2026

Retiree-friendly Bankmed Move/Walk for Vitality. Practical, safe walking to reduce visceral fat, boost mood and longevity, improve balance and lower chronic disease risk.

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This presentation will be available at the end of the Retiree Roadshow on the Bankmed website.



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INTRODUCTION

Made For Walking

A Brief History Of Walking

‘Walking, the most primal activity known to man. Throughout history humans have been walking. On foot humans mapped the world, experienced life and expressed their relationship with the environment.’

Slides will be available at the end of the Retiree Roadshow on the Bankmed website



Early Human Evolution | Becoming Walkers

The journey from tree-dwellers to long-distance wanderers.



Sahelanthropus Tchadensis (Chad)

The first hominin to consistently walk upright. Fossil footprints and pelvic changes indicates the dawn of bipedalism

~ 7 Million Years Ago

Homo Erectus

Adapted for endurance, longer legs and distant foot arches allowed for efficient migration out of Africa



~ 1.8 Million Years Ago



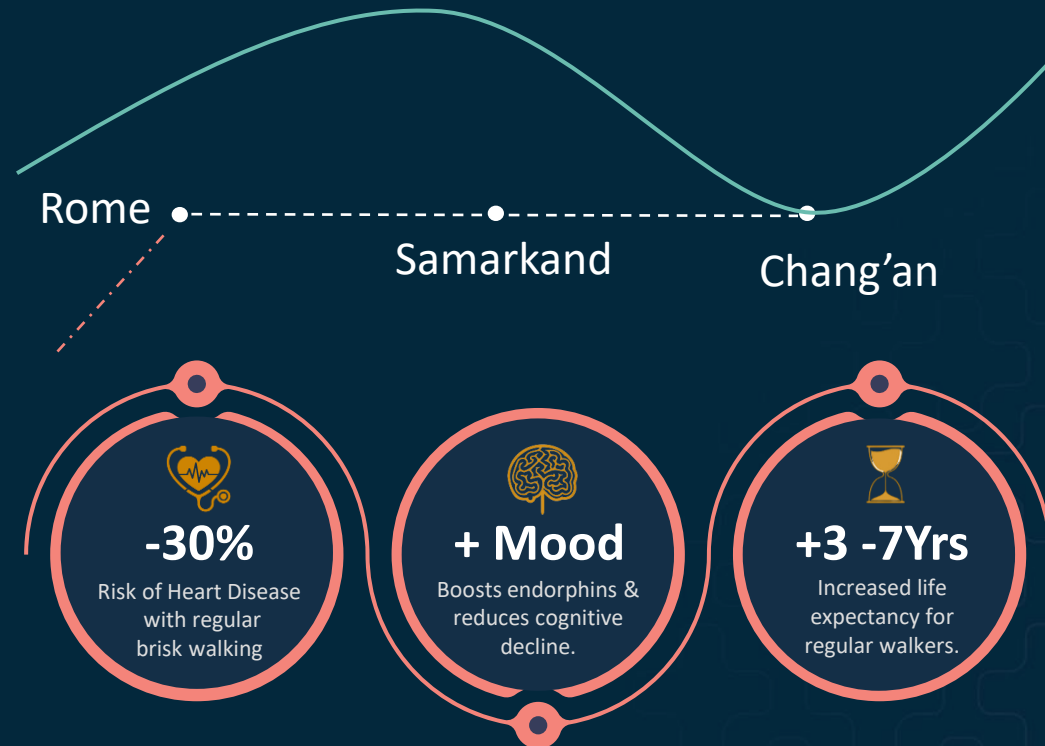
Homo Sapiens

The ultimate walkers. Humans populate every corner of the globe, capable of covering vast distances daily

Present Day

Walking Through Civilizations

Before wheels and engines, feet were the primary engines of civilization. Walking shaped how cities were built, how information travelled and how cultures connected across vast distances.



Why It matters for Retirees

Regular walking supports independence, function, and social connection

Modern Era & Health



The Sedentary Shift

The 1700s transformed society from foot-powered to engine-dependant. Urban sprawl and car-centric design drastically reduced daily incidental activity, contributing to modern lifestyle diseases.

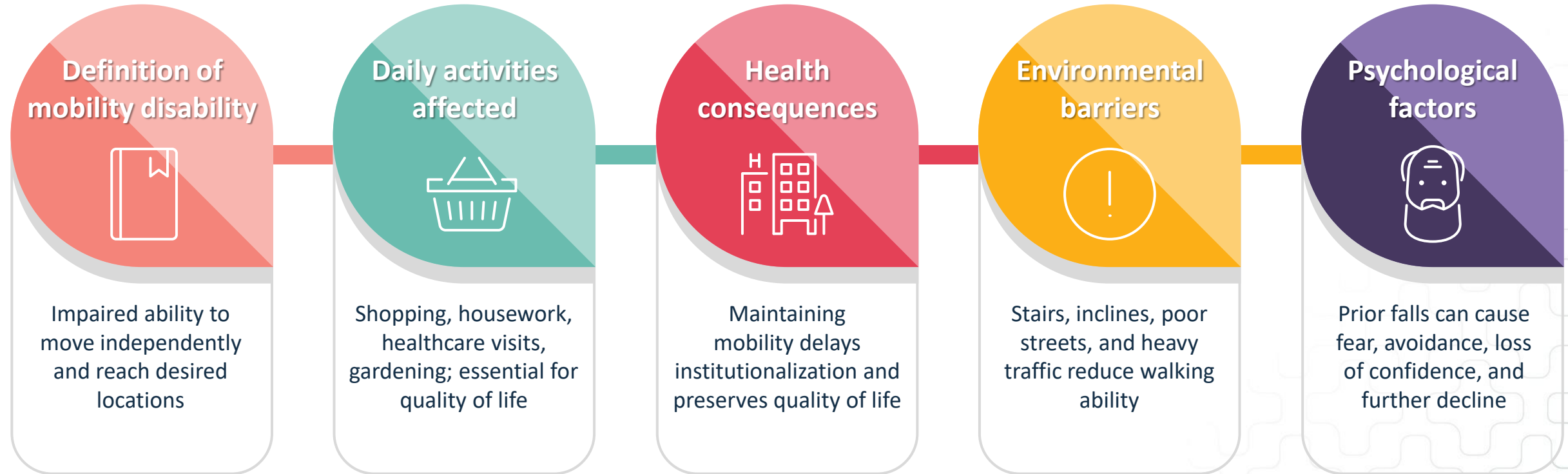
Average daily steps dropped by ~40% in developed nations since 1950.

How to Walk/Move for Vitality



Mobility Challenges | Definition & Impact

Why walking ability matters for independence.



Fall-Prevention | Prioritize Balance & Function

Practical, evidence-based steps for retirees.

1 Exercise Focus	2 Frequency	3 Delivery mode	4 Tailoring
• Balance exercises deliver the greatest impact for reducing falls & improving stability. • Combine balance training with functional strength work. • Progress to difficulty gradually to reduce injury risk. • Supervise participants when needed, especially during challenging balance tasks or progression.	• Train at least 2 hours per week to achieve meaningful fall-risk reduction effects. • Sustain programs for at least six months for lasting benefits. • Two sessions per week are more effective than a single weekly session. • Include regular home practice to reinforce skills.	• Group sessions plus structured home activity yield stronger effects than either alone. • Use group classes for motivation, social support, & peer accountability. • Follow clear home routines and safety guidance.	• Tailor program to your needs, abilities & goals for better adherence. • Adjust intensity & challenge based on personal baseline. • Plan individual progression pathways with clear milestones & safety checkpoints.



Otago Exercise Program | Restore Mobility & Reduce Falls

Structured assisted sessions plus home practice with progress checks



***Images from Otago Exercise Program*

Low-Volume Walking Program | 12-Week Plan

Supervised morning sessions on Tuesdays and Fridays



Schedule & Timing

Tuesdays and Fridays,
mornings 10:00 to 11:00;
supervised outdoor walking
with experienced assistants



Session Structure

30 to 50 minutes total: 5-
min warm-up, 20 to 40 min
walk, 5-min cool-down



Weeks 1 to 5

30 to 40 minute sessions,
approximately 2.5 to 3.5 km;
monitor perceived exertion
and adapt pace



Weeks 6 to 12

40 to 50 minute sessions,
approximately 3.5 to 4.5 km;
continue monitoring and
pacing for participants



Progression Notes

Increase duration and
distance gradually; adjust
based on perceived exertion
and participant needs



High-Volume Walking Program | Techniques A and B

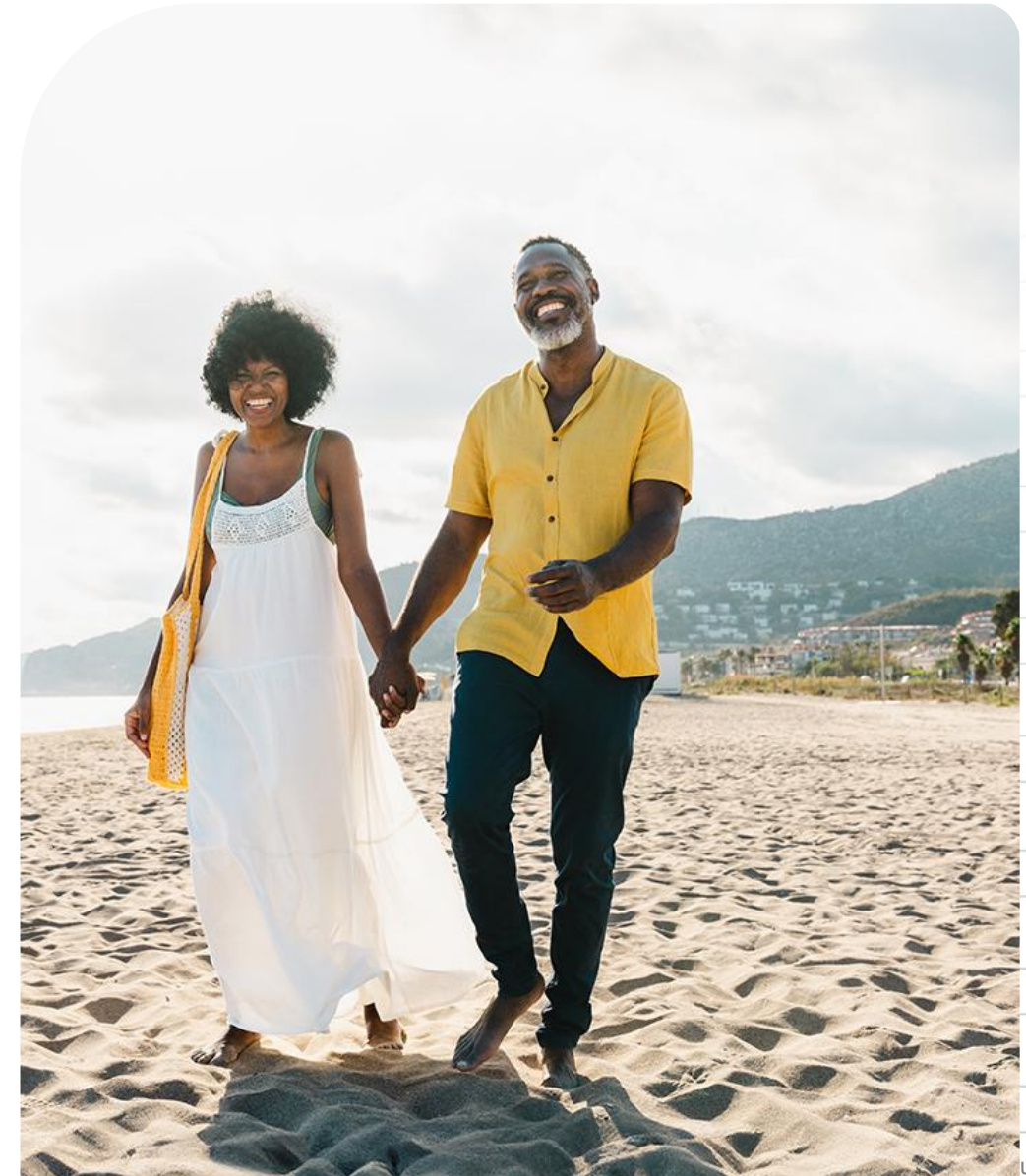
Compare goals, session structure, benefits, and safety notes

Technique A: Steady Daily Walking

- Goal: build to 3 000 – 6 000 steps most days
- Structure: establish baseline, add about 1 000 steps per day
- Session focus: consistent daily volume, moderate pace
- Benefits: aerobic fitness, habit formation, calorie burn
- Safety: safe pace, supportive footwear, hydration, balance.

Technique B: Gentle Interval Walking

- Goal: 30 minute sessions using interval pacing
- Structure: warm up 5 min; alternate 3 min brisk (talk but not sing) with 3 min easy for ~30 min; cool down 5 min
- Session focus: intensity variation, recovery periods
- Benefits: cardiovascular gains, easier progression, time efficient
- Safety: gradual progression, comfortable pace, footwear, hydration, balance.



Physiological & Clinical Changes



Physiological & Clinical Changes

Walking, particularly at a brisk, moderate intensity, stimulates several beneficial changes in the body's systems:



Cardiovascular System

Walking improves heart and lung fitness by increasing heart rate and oxygen flow, which strengthens the heart and enhances circulation. This leads to a lower resting heart rate and significant reductions in both systolic and diastolic blood pressure. Regular walking also lowers the risk of heart disease and stroke.



Metabolic Health

Walking immediately uses glucose for energy which reduces **visceral fat** and improves the body's response to **insulin**, which helps manage blood sugar levels and significantly reduces the risk of developing type 2 diabetes.



Musculoskeletal System

- Walking helps maintain or improve bone density, which is important for preventing osteoporosis and reducing the risk of hip fractures in older adults.
- It strengthens muscles, lubricates joints, and can ease arthritis-related pain and stiffness by circulating joint fluid that brings nutrients to the cartilage.

Immune Function

Regular, moderate-intensity walking can boost the immune system, leading to fewer sick days and milder symptoms if an infection does occur

Nervous System and Mental Health

Walking affects brain function by releasing:

- Endorphins increasing levels of epinephrine
- Norepinephrine, which boosts energy levels & improves mood.

It can significantly reduce symptoms:

- Anxiety
- Depression
- Stress

It can significantly improve symptoms:

- Improve focus
- Creativity
- Sleep quality.





Eye Health

Regular walking links to lower risk factors for age related eye disease. Improves focusing flexibility and reduces eye fatigue. Boosts visual awareness and relaxes accommodation. Breaks screen-induced strain and resets focus



Longevity Indicator

Walking speed itself is considered a "vital sign" in clinical practice, as a faster pace is associated with better overall health, a lower risk of falls, and increased life expectancy

Absolute Contraindications



Absolute Contraindications

*"Move for Vitality" is a general term referring to physical activity for older adults, which is widely encouraged for health. However, certain **medical conditions & acute symptoms** can be absolute or relative contraindications to exercise.*



Pulmonary Issues

- Acute pulmonary embolism, pulmonary infarction, or deep vein thrombosis (blood clots).
- Excessive or unexplained breathlessness at rest.



Cardiovascular Events

- Acute myocardial infarction within two days.
- Ongoing unstable angina.
- Uncontrolled cardiac arrhythmias.
- Symptomatic severe aortic stenosis.
- Decompensated (unstable) heart failure.
- Acute aortic dissection (tear in the aorta).



Inflammation & Infection

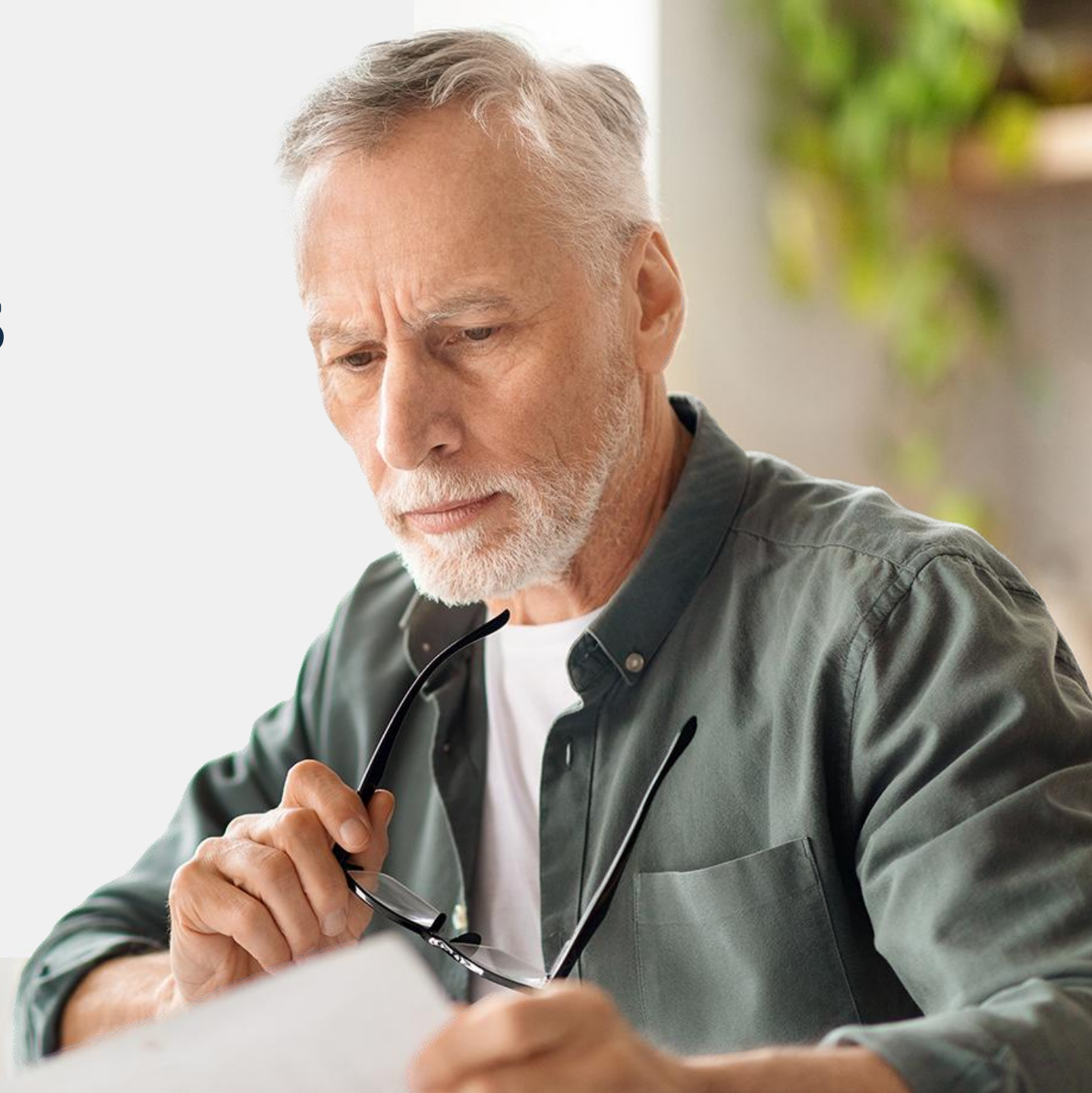
- Active endocarditis, myocarditis, or pericarditis (inflammation of heart tissues).
- Acute systemic infections or severe acute illness, especially with fever.



Other Conditions

- Acute musculoskeletal injury.
- Significant pain or joint swelling that is aggravated by movement.
- Severe impairment of cognitive function that prevents safe participation.

Relative Contraindications & Precautions



Relative Contraindications & Precautions

Many patients with these conditions can exercise safely but may require medical supervision, modified intensity, or specialized programs.

Cardiovascular/ Metabolic:



Uncontrolled high blood pressure (e.g., resting BP >180/90) or high heart rate (over 100 bpm resting).
Diabetes (precautions regarding hypoglycemia within the previous 24 hours).

Musculoskeletal:



Arthritic disorders, especially involving major weight-bearing joints (knees, ankles, hips).
Osteoporosis or bone fragility (forced movements should be avoided).
Unhealed or unstable fractures, or healing surgical sites.

Neurological/ Physical:



Physical, mental, or emotional disabilities that make safe exercise impossible without adaptation.
Unexplained dizziness, light-headedness, or nausea.

Key Takeaways



In Summary | Walk Smart, Stay Safe!



Consult Your Doctor

Always check with a GP before starting walking, especially if inactive or with health conditions.



Listen To Your Body

Stop immediately for chest pain, dizziness, shortness of breath, or palpitations- seek medical help.



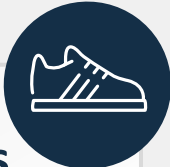
Tailor Your Needs

Customise walks for frailty or impairments, emphasising strength, balance and flexibility.



Be Visible & Aware

Walk in daylight or lit areas, use reflective gear, stay alert- no loud headphones.



Choose Proper Shoes

Wear sturdy shoes with good arch and heel support to protect joints and prevent falls.



Stay Hydrated & Buddy Up

Drink water, walk with a companion, stick to pedestrian paths for safety.

Happy Walking!



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Annexure A

[Otago Exercise Program](#)