



SActAge

Good practices

*Guidelines &
Practices*



a project by



INSTYTUT
ROZWOJU
SPORTU
I EDUKACJI



PROMOTING ACTIVE AGING THROUGH SPORT. COLLECTION OF GOOD PRACTICES



Monika Piątkowska, Instytut Rozwoju Sportu i Edukacji (IRSIE), Katedra Zarządzania, Organizacji i Ekonomii, AWF Warszawa, Poland.

Olga Smoleńska, Instytut Rozwoju Sportu i Edukacji (IRSIE), Katedra Kultury Fizycznej UMK Toruń, Poland

Andrea Ciantar, Antonio Respisi, Daniela Sangiorgio, Lorenzo Tiberti, Federazione Nazionale delle Associazione per i Diritti Degli Anziani (ADA), Italy

Elena Cacciotti, Carlos de Cárcer, Elena Ceraolo, Elena Alexandra Mariut, Celia Martín García, Natalia Sánchez González, Fundación Red Deporte y Cooperación, Spain (FRDC)

Maria Florindo, Soraia Montez do Carmo and Paulo Figueira, Universidade Sénior de Évora, Portugal

Instytut Rozwoju Sportu i Edukacji
Warszawa 2023

Acknowledgement:

The authors wish to acknowledge the valuable contribution to this publication from the representatives of the following organisations: Marta Gaworska - Europejskie Stowarzyszenie Promocji Aktywności Ruchowej 50+ (ESPAR 50+); Fundacja na rzecz Akademii Wychowania Fizycznego im. Eugeniusza Piaseckiego w Poznaniu; 100% Aventura Associação de Desporto e Natureza, RUTIS - Rede de Universidades Seniores, Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA), UPS - Università Popolare dello Sport, LA CAIXA, MOVESE ES CUIDARSE.

External reviewer: Prof. dr hab. Ingrid Ružbarská – University of Prešov, Slovakia

Instytut Rozwoju Sportu i Edukacji

Warsaw 2023

eISBN 978-83-936808-5-6 (pdf)

Cover photo: Lorenzo Tiberti

License: This work is licensed under the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International ([CC BY-NC-SA 4.0](https://creativecommons.org/licenses/by-nc-sa/4.0/)).



Co-funded by the
Erasmus+ Programme
of the European Union

This project has been funded with support from the European Commission. This publication only reflects the views of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Table of contents

About the SActAge project	5
Rationale for the SActAge project	8
1. Introduction	10
2. Data collection	11
3. Cross analysis of good practices of active aging through sport	12
3.1. Type, scope and main focus of good practices	12
3.2. Stakeholders of the projects/events/activities indicated as good practices	14
3.3. The benefits of the projects/events/activities indicated as good practices	14
4. Good practice cases from four European countries	15
4.1. Italy	15
4.2. Poland	22
4.3. Portugal	87
4.4. Spain	93
References	105
Appendix	107

About the SActAge project

“Sport for Active Aging (SActAge)” project was a small collaborative partnership in the field of sport co-funded by the framework of the Erasmus Plus Programme of the European Union. The project reference was 623102-EPP-1-2020-1-IT-SPO-SSCP. The period of implementation was 2021-2022.

This chapter provides a brief overview of the project.

Purpose

The project SActAge intended to promote active aging through sport. In particular the objectives of the project were:

1. Develop tools and strategies to effectively sensitise elderly people to the benefits of sports. The obstacles that prevent elderly people from practising sports can be psychological, cultural, structural. There are several strategies and activities that can break the wall of distrust, and help the elderly to practise sport activities, thus contributing to their physical, mental and social well-being.
2. Develop instruments and strategies to promote sport activities for elderly people in a domestic environment.
Often elderly people are forced to stay in the house for different reasons. They can still practise physical activities at home, the important thing is that this happens in a safe way. It is interesting to develop knowledge and motivation since those activities can be practised in a domestic environment. It is also useful to develop digital skills that allow the elderly to take advantage of video tutorials of the sport exercises, group lessons in video conferences, etc.
3. Develop tools and strategies to promote outdoor sports practices, also by combining the enhancement of the territory.
Combining sport and nature not only maximises the benefits for the mind and the body but also allows older people to enjoy the city's environmental, cultural and historical heritage. The aspects that make outdoor practice and sports activity particularly important is the relationship with the natural environment; the type of sports that can be practised, such as trekking (considered among the best practices for the third and fourth age); sociability, since many of these practices can be carried out in groups; the possibility of combining sport and sport practice with the cultural use of the territory, as for the use of historical pathways (see for example the Way of Compostela, the Via Appia, the Via Francigena, etc.).

4. Develop tools and strategies to combine sport and motor activity for the elderly and social tourism.

With respect to the theme of Social Tourism, we are talking about an educational approach, increasingly taken into consideration in Europe. Social tourism is an approach that sees travel and tourism as important tools for the well-being of people and communities, and for this purpose it promotes policies and actions that allow tourism to be enjoyed even for disadvantaged populations. In 2017, according to Eurostat research, around 62.7% of the EU population aged 55 to 64 participated in tourism for personal purposes, while the percentage of older people (aged 65 and over) who participated in tourism was less than half (47.4%). The main reasons were related to health and economic aspects.

Social tourism, in addition to being in itself a very important approach, it is related to sport practice.

5. Develop the volunteering of seniors as promoters of motor activities among the elderly.

Seniors can become voluntary operators to promote physical activity and health in order to help other elderly people in their community to make healthy lifestyle choices. In addition to bringing a benefit to the community, elderly volunteers, supported - where necessary - by sports coaches and operators, will experience a profound sense of well-being and utility by developing the feeling of still being an active part in their community and in their lives.

Project's activities

The project realised those objectives through the following actions:

A) Creation of Intellectual Outputs (IO)

- IO1 – SActAge Good practices – Research on good practices which are successful in promoting active aging through sport
- IO2 – SActAge Manual consisting of a collection of guidelines and practical exercises on five themes that the project intends to develop, the same explored through the research (IO1).
- IO3 – SActAge Training module for senior volunteers, social workers, and sports coaches, on how to become promoters of sport practices for elderly people.

B) Piloting activities

- Testing of SActAge training module (B1) aimed at volunteers seniors, but also at sports operators and social workers in order to share effective knowledge and practices.

- Testing of the activities described in the SActAge Manual (B2) with the support of trained people (B2) aimed at experimenting the methodologies and practices identified in the SActAge Manual (IO2).

Organisations participating in the SActAge project

The project included four partners from four countries dispersed across Europe:

- Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA) from Italy,
- Instytut Rozwoju Sportu i Edukacji (IRSIE) from Poland,
- Universidade Sénior de Évora from Portugal,
- Fundación Red Deporte y Cooperación from Spain.

The project was coordinated by Federazione Nazionale delle Associazioni per i Diritti Degli Anziani (ADA) from Italy - National Federation of Associations for the Rights of the Elderly. ADA was founded in 1990, as a voluntary association for the protection of the rights of elderly people. It is an apolitical, non-partisan, non-profit association, developed nationally, with regional and even provincial divisions, united by the same principles having centralised coordination. The association intervenes in multiple problems of the citizens most at risk, mainly elderly, ranging from those of health, existential, interrelational, family, to those of reintegration, housing, health, social services, relations with the public administration and however connected to the daily life.

Instytut Rozwoju Sportu i Edukacji (IRSIE) - Institute for the Development of Sport and Education - has been operating since 2011, focusing mainly on education, physical culture and culture. It has based its activity on cooperation with non-government and higher education organisations, associations, clubs, schools, universities. Its strategic aims are development of educational programs in the field of sport education and physical culture, influence on the development and popularisation of sport, especially children and adolescents, as well as the elderly and marginalised groups and preservation of cultural heritage, especially in the field of physical activity, as well as educational and popularising activities in this area.

Senior University of Évora (USE) is a private, non-profit association that develops non-formal education and activities for people over 50 years old. The institution's main goals are to promote and active aging; to develop intergenerational relations; to inform and sensibilize seniors about different topics; to do training and educative sessions; to promote volunteering in the community and for the community. The USE activities are diversified from ICT, to arts, to mother and foreign languages, literature, history, history of art, psychology, gardening, natural sciences, gymnastics, walking, dancing,

painting, cooking, health, embroidering, music, etc. Complementary activities are also offered, like cultural (music and theatre) and intergenerational relations are privileged, which are not accessorial but complete the knowledge and expertise of this population in the society.

Fundación Red Deporte y Cooperación (RDC) is a non-profit organisation based in Madrid and Barcelona. Since being founded in 1999, it has orchestrated a wide range of programmes that use sport as a tool to address a range of issues including health, education, gender equality, social integration and discrimination. The organisation also runs activities in schools and sports clubs that promote the integration of immigrants. RDC uses sport (particularly football – by popular demand) in all of its activities, both in Spain (where programmes are primarily aimed at immigrant integration) and in developing countries from Africa and Latin America and Central America (in collaboration with existing development projects in these regions). RDC is experienced in more than 20 countries worldwide carrying out programs in the community, focusing on youth development.

Rationale for the SActAge project

Physical inactivity is regarded as the fourth (behind high blood pressure, tobacco use, high blood glucose) leading factor of the risk of global mortality (WHO, 2020). This problem is especially observed in Europe, where the aging population and long-term growth of costs of health care are serious health challenges (ISCA, 2015). Many of the leading causes of illnesses such as: coronary heart disease, cancer, and type 2 diabetes, could be counteracted by increasing the number of physically active people among those who are inactive (WHO, 2018). In the case of older people, this can bring very substantial health and social advantages as physical activity can decrease the drop of the functional status of those persons, enabling the continuation of everyday activities – by retarding functional limitations, hindering a drop of cognitive functions, providing space for social interactions (Leś et al., 2019). The quality of their lives can be improved – by increasing physical, cognitive, and emotional functioning (including mental and psychological well-being, life and mood satisfaction (Leś et al., 2019; Northey et al., 2018). Studies show that regular physical activity can decrease the risk of worsening of cognitive functions even by 38% (Sofi et al., 2011), the risk of functional limitations by 30-50%, and the risk of fractures of femoral neck by 36-68% (Physical Activity Guidelines Advisory Committee, 2008). Finally, physically active living can retard processes of dementia (Iso-Markku et al., 2022). In case of older people without dementia, exercises can significantly improve their memory, concentration, and processing speed (Ahlskog, 2011), while in case of those suffering from dementia, they can have positive effects on their basic everyday life activities and physical functioning (Blankevoort et al., 2010).

Due to increasing costs of health and social care and the impact the loss of autonomy can have on mental well-being, it is essential that seniors were independent as long as it is possible (ISCA, 2015). The increase of the elderly population shows an important phenomenon as well as a challenge for the European Society. According to the latest data from Eurostat (2020), in the next three decades there will be a strong increase in the number of elderly people in the European Union, going from 101 million at the beginning of 2018 (19.7%) to 149 million by 2050 (28.5%).

It is pessimistic to observe that seniors rarely participated in physical activity before retirement, and are still doing the same. Studies show that some men stop exercising after retirement (Biernat et al., 2019; Biernat & Piątkowska, 2018). All of that means that today's inactive population of older people will result in a growth of future economic costs. This is a substantial problem for the policy of public health care and the state's economy (WHO, 2020). The results have highlighted the presence of internal and external barriers for the elderly people that imposed them to be involved in sport activities and to adopt a healthy lifestyle (Eurostat, 2020). The external barriers concern environmental motivation and significant interaction, while the internal ones concern physical and emotional aspects. The main reasons that currently prevented elderly people from playing sports more regularly, it was observed that in the EU as a whole, were the lack of time (40%) - the most cited reason- followed by a lack of motivation or interest (20%), disability or illness (14%), from the fact that it is too expensive (7%), dislike of competitive activities (6%) and fear of the risk of accidents (5%). Especially having a disability or illness is a more common problem for older people (26% of people aged 55 and over), as well as a lack of interest or motivation (24%). Since the lack of interest in physical activity represents a significant factor, interventions should aim to motivate elderly people even more, but also to adapt intervention strategies to become potential motivational changes in oldness. Therefore, the SActAge project aimed to promote active aging through sport.

1. Introduction

This report represents the first intellectual output (IO1) of the SActAge project. It builds on a collection of good practices in all of the participating countries, with the aim of providing a qualitative description of specific projects/ activities/ events that have been successful in promoting active aging through sport and which can contribute to SActAge manual.

In practice, IO1 meant collecting research about good practices on how to:

- effectively sensitise older people to the benefits of sports;
- develop individual sports practices safely in the home;
- develop outdoor sports practices, also by combining the enhancement of the territory;
- develop sport and motor practices in the elderly by combining sport and social tourism;
- develop the volunteering of seniors for the promotion of motor activities among the elderly

The report is structured as follows: in Chapter 2, the methodology for the data collection in four participating countries is presented. Criteria for the selection of examples of good practices of active aging through sport and Criteria for the selection of examples of good practices of active aging through sport and the procedure of data collection are described. Chapter 3 provides a cross analysis of the good practices structured in three main areas: 1) Type, scope and main focus of good practices; 2) Stakeholders of the projects/events/activities, and 3) The benefits of the projects/events/activities indicated as good practices. The final chapter – Chapter 4 – contains an alphabetically ordered (by country) collection and description of twenty one good practices cases.

2. Data collection

Criteria for the selection of examples of good practices of active aging through sport

Each partner was free to choose the methodology of selecting good practices in the area of using sport for active aging. Each partner selected at least three good practices focusing on the above-mentioned objectives of IO1. Some partners might have already – through previous research or from other sources – had knowledge about organisations or projects that could be regarded as examples of good practices. Partners could also choose to contact organisations for help in finding examples.

Data collection of good practices of active aging through sport

In the period of March-July 2021 altogether 21 examples of good practices from four countries:

- Italy – 4,
- Poland – 10,
- Portugal – 3,
- Spain – 4

were collected by SactAge Project members.

Partners in each country filled in the template (Appendix) prepared by project team members during the second remote partner SActAge meeting in February 2021. Data has been collected by all partners. The results of the IO1 Report were presented during a partner meeting in Évora in April 2022.

3. Cross analysis of good practices of active aging through sport

3.1. Type, scope and main focus of good practices

Most of the collected good practices were indicated as projects ($n=15$) or events ($n=11$); (Figure 1). They are also organised as workshops ($n=5$) or learning materials ($n=5$). One GP was indicated as a remote workshop.

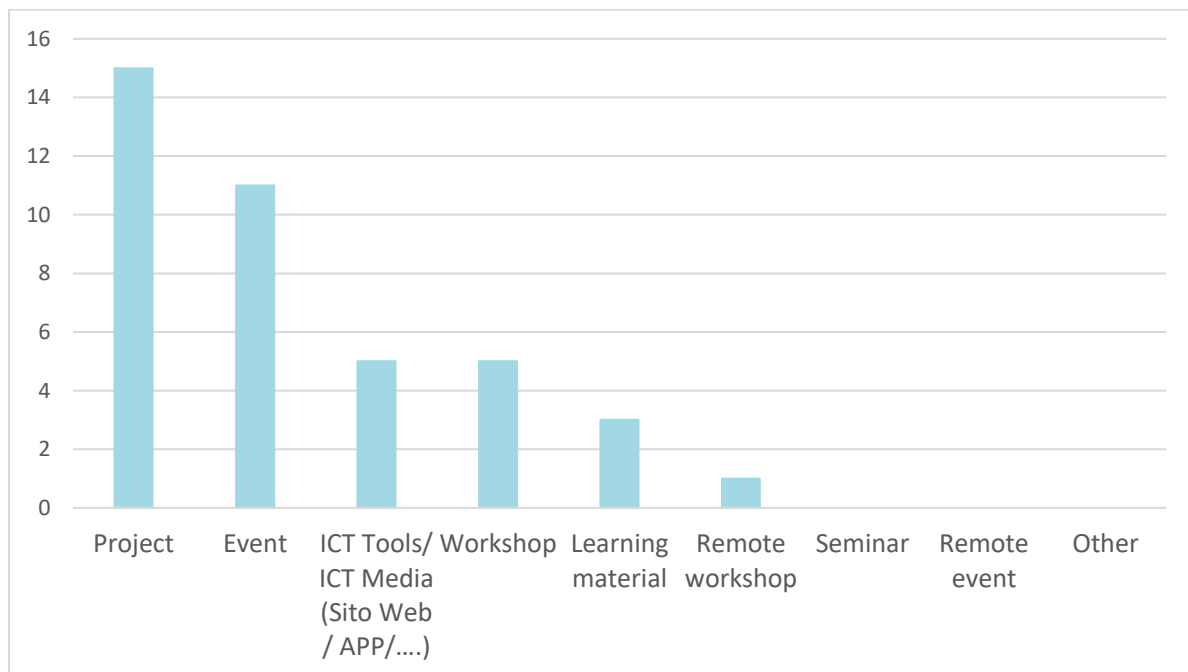


Figure 1. Type of the good practices collected within IO1

The scope of the projects/events/activities indicated as good practices within IO1 is mostly local ($n=15$). The activities contribute to promoting active aging in local communities with the help of local organisations or municipalities. Six practices are found to function on the national level. None of them operate in the international perspective.

Most of the collected good practices focus on raising awareness about the benefits of sports ($n=16$; 76.2%) (Figure 2). Less than half of them address developing outdoor sports practices, also by combining the enhancement of the territory ($n=10$; 47.6%) and the individual sports practices at home ($n=8$; 38.1%). The objective of developing sport and physical activities by combining sport and social tourism was found in 6 practices. Only 5 practices focus on developing the volunteering of seniors for the promotion of physical activities. It must be noted that one practice could have been

indicated in more than one category. The specific examples of good practices are found in figure 2.

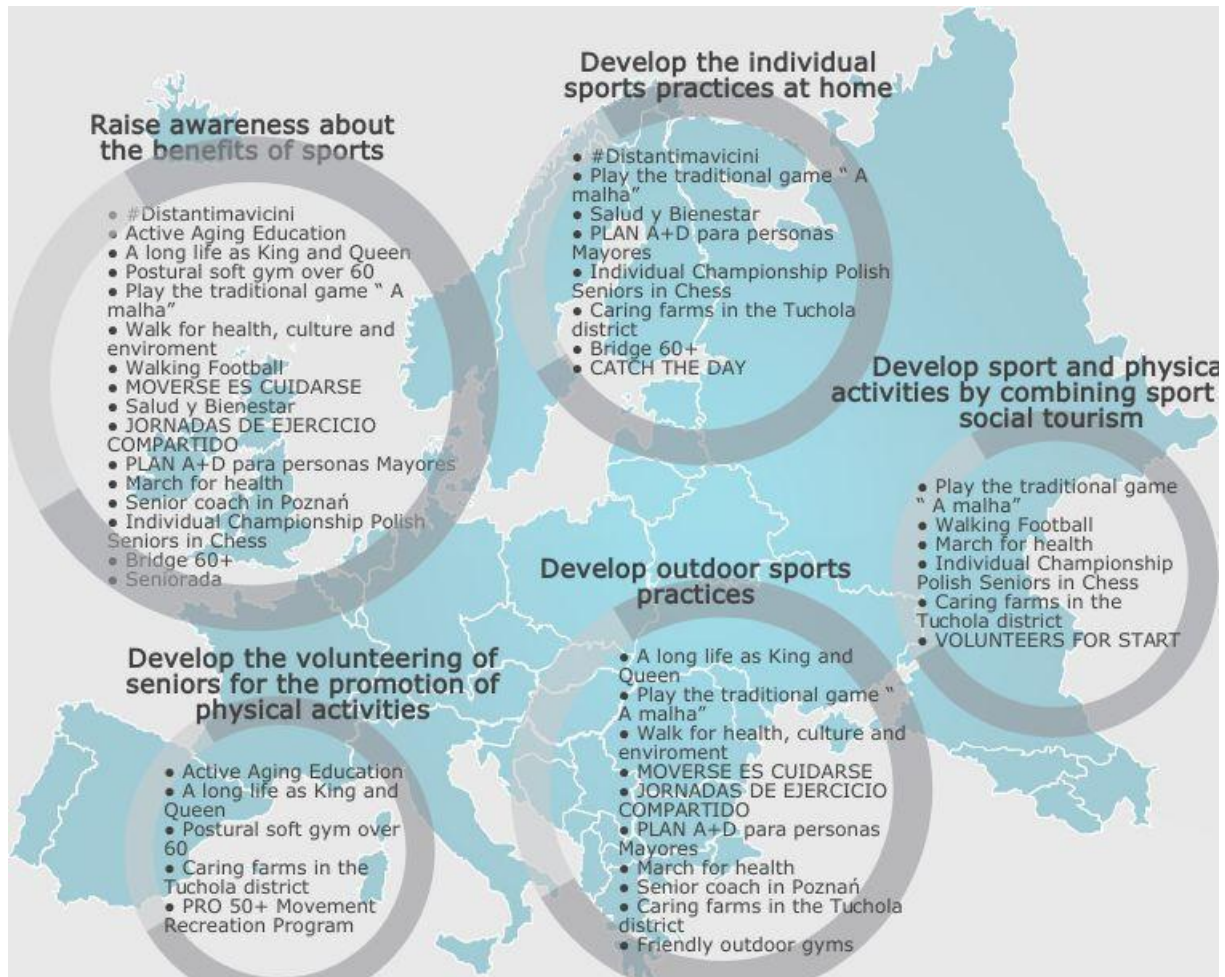


Figure 2. Focus of the good practices collected within IO1

As far as the most frequently indicated examples of good practices of active aging through sport are concerned they include:

- outdoor recreation (i.e. nordic walking, outdoor gym etc.)
- indoor sport and recreation (i.e. football for seniors, yoga, gym, swimming, dance, A malha, exercise on TV etc.)
- mental sports (i.e. chess, draughts, bridge)
- active tourism
- handicraft
- all-day care, etc.

3.2. Stakeholders of the projects/events/activities indicated as good practices

Various organisations are found to be engaged in promoting active aging through sport. Among them one can find:

- senior universities (i.e. Universidade Sénior de Évora),
- municipalities [Center for seniors initiatives in Poznań, Higher Sports Council, municipality of Villaquilambre (Leon), Navia (Asturias) and Mollet del Vallés (Barcelona), Spanish Federation of Municipalities and Provinces (FEMP)],
- tourism organisations and centres (i.e. Kuyavian-Pomeranian Agricultural Advisory Center),
- sports associations and organisations (i.e. Polish Chess Federation, Polish Sports Bridge Association, European +50 Physical Activity Promotion Association, RUTIS and Fundação Benfica, Federazione Nazionale ADA),
- sports foundations (i.e. Foundation of Poznań University of Physical Education).

3.3. The benefits of the projects/events/activities indicated as good practices

Physical health has a great impact on all of the fundamental aspects related to active aging. Using sport for active aging provides numerous benefits. What is important is that organisation of these activities helps:

- promote health-enhanced, social and educational values of sport among the elderly and their families;
- encourage active aging in the community, delay the processes that diminish the capacities of the elderly and improve their autonomy, well-being and quality of life;
- promote intergenerational solidarity by establishing communication links and bringing young people closer to elderly people to make them understand that age is not a limitation;
- promote healthy habits among the elderly through the implementation of programs that respond to the bio-psycho-social health requirements and the interests of the population over 50 years of age;
- create a connection between the individual and the natural surroundings;
- achieve the inclusion of pro-aging healthy policies in different sectors (health, sports, tourism, urban planning, etc.) forming a general framework of action and facilitating the formation of multidisciplinary teams, led by a specialist in physical education in order to promote and launch new actions.

4. Good practice cases from four European countries

Following in this chapter, there are descriptions of 21 examples of good practices from four countries that were collected by SactAge Project members.

4.1. Italy

#Distantimavicini (Distant but close) by Federazione Nazionale ADA

This project addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices in the home.

Objectives

- Bring older people closer to indoor motor activity during the lockdown period through TV communication,
- Promote proper nutrition,
- Promote personal care.

Reasons for the choice of good practice

- Communication through television was crucial at a time when restrictions due to covid 19 forced the elderly and others to stay at home, isolated from the rest of their family members.
- The suggestions given through the television channel resulted in raising awareness among the elderly of the benefits of sport.

Description of the project

An educational and cultural television programme consisting of a series of programmes broadcast from Monday to Friday with gentle exercise for the elderly, advice on nutrition, motor activities for the elderly and recreational activities carried out during the first lockdown from April to June 2020, by the Ada National Federation (Ada Naples and Ada Lazio) and in cooperation, free of charge, with the UIL Pensioners Lazio, broadcast on Canale21 under the name "#Distantimavicini".

Description of the target group who is addressed in the good practice example

According to official AUDITEL data, the number of viewers per day in Rome and Lazio was around 150,000 and in Naples and Campania over 500,000.

Steps and methodology

Advice and suggestions provided by sports trainers or lecturers experienced in nutrition and sports practice. A simple methodology was adopted, easily understandable and feasible for the target group of elderly people. The activity requires no tools/ materials. It was carried out in the period April-June 2020 with daily TV episodes of approximately 20 minutes duration. There are no specific safety rules/measures that apply to the activity.

Sources for further information about this good practice

<https://www.facebook.com/100070256472962/videos/308686040841174> - Footage of the video named "Mobilità e attività fisica"

<https://www.facebook.com/100070256472962/videos/984801655433662> - Footage of the video named "I consigli per gli anziani"

<https://www.facebook.com/100070256472962/videos/4370649586331607> - Footage of the video named "Anziani e mobilità"

Active Aging Education by Federazione Ada Nazionale

This project addresses:

- Raising awareness about the benefits of sports,
- Developing the volunteering of seniors for the promotion of physical activities.

Objectives

- Promote various activities to encourage active aging in the community.
- An effective way to achieve the goal was to organise various types of courses aimed at both members and the whole community.

Reasons for the choice of good practice

The main purpose of the 2012 European Year was to raise awareness of the value of active aging, and to encourage policymakers and stakeholders at all levels to promote active aging.

Description of the project

The project is aimed at members and non-members of our association and aims to improve knowledge useful for active aging. Thanks to the skills gained in our association and the professionalism available in the area, we believe that the necessary knowledge can be acquired through the following activities:

- Computer courses. These courses increase the communication skills of older people allowing an exchange of information between people and with public administrations (Municipality, local Health Authority banks, etc.)
- Adapted Physical Activity (APA) course. It has been running AFA courses for several years. These courses are currently attended by about 50 people and are carried out by qualified personnel under the control of the ASL (local Health Authority) of Massa Carrara. The courses aim to develop in the participants an awareness of their body and the usefulness of a balanced movement in order to maintain good physical and mental health.
- Dietary education course. The choice of appropriate eating habits, the implementation of specific lifestyles can extend the active life of people. The course aims to provide practical suggestions useful for the extension of active life.
- Dance Course. The course aims to promote socialisation and motor coordination in the elderly.
- Course for the prevention of ludopathies. The increase of the offer of gambling increases the risk, often underestimated by people, of ludopathy. The course aims to raise awareness and inform people in order to minimise the risk
- Anti-fraud course. The problem of defending themselves from fraud, deception, but also from theft and aggression, is very much felt especially by older people. The course aims to provide a modus operandi that helps the elderly to prevent and eventually to cope with the various situations.
- Literary prize "Andrea Novani". The prize is reserved to the students of primary school of the municipality of Massa and Montignoso. A jury will select the best works and identify the winners. The winners will be given a symbolic prize. It is expected to give each of the participating schools a contribution that can be used for educational needs.

Description of the target group who is addressed in the good practice example

A maximum number of participants per course is established, giving priority to members of the association. The maximum number of participants for each course and the locations of the actual courses are shown in the following table:

Course	Max. n. of participants	Venue
Computer (2 courses)	20	ADA Massa
Dietary education	30	ADA Massa
AFA (2 courses)	25	Palestra plesso scolastico N. 6
Dance	20	Palestra Ginnastic (Massa)
Prevention of Ludopathies	30	ADA Massa
Anti-fraud	30	ADA Massa

Steps and methodology

The performance of the above activities does not foresee a strict connection between the activities themselves; the start and end dates are therefore indicative and may be changed during the year.

Activity	Starting Date	Hour	Duration
Computer Course I	25/11/2019	1 h e 30 min.	7 weeks
Computer Course II	11/05/2020	1 h e 30 min	7 weeks
Dietary education Course	16/03/2020	2h	10 weeks
AFA I Course	12/01/2020	2 h	10 months
Corso AFA II Course	12/01/2020	2 h	10 months
Corso di ballo Course	28/01/2020	2 h	10 weeks
Prevention of Ludopathies Course	14/04/2020	6 h	1 day
Anti-fraud Course	28/05/2020	3 h	1 day
Literary Prize	16/09/2019	-----	4 months

For each course are identified professional teachers assisted by volunteers belonging to our association.

For the literary prize was established a collaboration between Ada Massa-Montignoso and the primary schools of local municipalities. The teachers of the various classes will present the theme of the award to the pupils and collect the works by November 17, 2019. A jury will be formed to evaluate the entries and announce the winners. The awarding of the winners may take place in mid-January 2020.

This project addresses:

- Raising awareness about the benefits of sports,
- Developing outdoor sports practices, also by combining the enhancement of the territory,
- Developing the volunteering of seniors for the promotion of physical activities.

Objectives

After reigning for a long time, the "KING and QUEEN", tend to let go easily, and it is important that this does not happen. In this phase take over "The Courtiers", ie the "Volunteers of the 'Association ADA", which will provide with this project to create important activities that go to stimulate the elderly, an interaction between body and mind.

Reasons for the choice of good practice

Our "King and Queen", today feel even more the weight of the society that has been created. With the birth of new technologies, we have reached the point where communication and socialisation between people has taken a back seat. Our intent through this project, is to ensure that we can return to the "old days" using new technologies, rediscovering how nice it is to interact and share the simple everyday life, just like they did in fairy tales the "King and Queen";

Make our elderly live happily ever after....Like they used to....

Description of the project

An educational and cultural television programme consisting of a series of programmes broadcast from Monday to Friday with gentle exercise for the elderly, advice on nutrition, motor activities for the elderly and recreational activities carried out during the first lockdown from April to June 2020, by the Ada National Federation (Ada Naples and Ada Lazio) and in cooperation, free of charge, with the UIL Pensioners Lazio, broadcast on Canale21 under the name "#Distantimavicini".

Description of the target group who is addressed in the good practice example

20 participants over 60

Steps and methodology

- walk outside together talking and singing and listening to music,
- practice motor exercises to activate the body,
- create a game with a puppet theatre or by acting out themselves,
- cooking competition,
- playing board games, such as checkers, chess, cards, and goose games.
- accompanying them to medical appointments, food delivery by self-equipped equipment,
- meetings with sign language and English teachers,
- collaboration with University.

Postural soft gym over 60 by Federazione Ada Nazionale

This project addresses:

- Raising awareness about the benefits of sports,
- Developing the volunteering of seniors for the promotion of physical activities.

Objectives

- Improving the physical and mental efficiency of older people
- Prevention
- Contrast sedentariness, loneliness and mental illness, improve the physical and psychological state, to make motor activity a good daily practice.

Reasons for the choice of good practice

The project helped elderly people to take care of body and mind, making them more aware of the benefits that can be expected from the sport, even in old age.

Description of the project

Ada volunteers and personal trainers who conducted gentle exercise classes in attendance.

Description of the target group who is addressed in the good practice example

20 participants over 60 years old

Steps and methodology

Project Phases:

1. Body awareness
2. Upper and lower mobilisation activities
3. Postural balance / toning
4. Balance activities

Total project duration: 50 hours twice a week

4.2. Poland

“Nordic Walking for Seniors” / March for health by Centrum Inicjatyw Senioralnych w Poznaniu (Center for seniors initiatives in Poznań)

This project/ICT tool/workshop addresses:

- Raising awareness about the benefits of sports,
- Developing outdoor sports practices, also by combining the enhancement of the territory,
- Developing sport and physical activities by combining sport and social tourism.

Objectives

- professional trainings and trainings, recreational, fitness and sports groups, conducted by Nordic walking instructors and rehabilitators
- classes combining Nordic walking and various types of general development training focused on learning the correct technique of walking,
- learning the correct technique of walking.

Reasons for the choice of good practice

- Involvement of 90% of the head muscles to work - we stick to the movement of the engaging muscles and arms, and thus we work on the silhouette of the whole body. The more muscles we put in, we are able to burn more space at the current level.
- Relief from the lower support enterprises and the spine - thanks to the appropriate technical technique to engage and the joints of the upper part, what our burden is distributed more about the work - joint management, partial force cost management, by joint administration us much longer.
- Straightening the figure, strength of muscle tension - thanks to the sweeping movement of the arm by the hip, changes in the shift to the shoulder run (and thus the stretching of the chest, shoulders and back muscles) and relieving the intervertebral discs, the compression of which causes nerve irritation from the spinal cord.

Description of the project

Outdoor activities combining Nordic Walking and medicine, general development training focused on:

- learning the partial technique of Nordic Walking - only the correct technique relieves the joints, engages the whole body to work and increases caloric consumption than walking without poles
- growth of the muscular corset and increasing the stabilisation of joints - so that the joints are stronger, healthier and stop bothering you
- exercising dexterity, coordination - to easily cope with the difficulties of everyday life
- increasing efficiency and burning fat tissue - a healthy figure does not need to be explained
- great fun and integration.

Locations in Poznań: Lasek Marceliński, Żurawiniec, Lasek Dębiński, Rusalka, Smochowice.

Description of the target group who is addressed in the good practice example

The classes are of a sports and recreational nature and are intended for people over 60 years of age residing permanently in the city of Poznań. The condition for participation in the classes is to fill in the declaration of the place of residence and consent to the clauses contained in it.

Enrollment for classes takes place directly at the persons responsible for the classes, whose contact details are provided on the program website. Order of applications to qualify. If the limit of places is reached, a reserve list is created. If a place becomes available, people from this list have priority in teaching in the classroom. As far as the financial capacity of the reserve group organiser may result in the creation of a training group, a training group.

In the case of classes with a limited number of places, three absenteeism in classes causes deletion from the list of participants and a person from the reserve list is entered in the place of the deleted person. A person removed by absenteeism may not return to classes for a period of six months from the date of removal.

Steps and methodology

Applications from participants willing to take part in classes will be accepted at the phone number:

- for new participants: Tuesday (10:00 - 12:00)
- for people who took part in the program before: Thursday (10:00 - 12:00)

From March, 2021, the phone will be open on Tuesdays (1:00 p.m. to 2:00 p.m.) and Thursdays (1:00 p.m. to 2:00 p.m.)

There were no activities during the pandemic and restrictions.

Classes take place in strictly defined locations and times specified on the program website. Almost all year (without winter and pandemic period).

The participant must have valid accident insurance covering practising sports. Participants participate in the classes at his/her own risk related to the constant protection of possibilities and limitations. People participating in the classes are filled in during the exercises. The classes cannot be attended by people who have clear medical contraindications to exercise classes. In the event of an injury, injury or malaise, the participant should report to the instructor and move about his ailment.



Photo 1. Photo from "Nordic Walking classes for seniors" in Poznań

Source: <https://centrumis.pl/aktywnosc/nordic-walking/>

The first steps should always be under the supervision of a qualified instructor, thanks to which you will gain the appropriate technical skills much faster. It will also protect you from the most common mistakes, overloads and the acquisition of inappropriate motor habits.

It takes about 10,000 correct repetitions to develop a motor habit (performing an activity without thinking). After acquiring a bad motor habit, it takes much longer to unlearn it and re-learn the correct one.

The exerciser should not perform any regular physical activity on hard surfaces such as asphalt or concrete. None of these surfaces gives us the same cushioning for joints as a soft, sallow surface.

Each (even the least strenuous) exercise should begin with a solid warm-up and end with stretching. This will prevent injuries, e.g. when stumbling and twisting the ankle, and after exercise, stretching the tense muscles will relax the body.

Sources for further information about this good practice

Learning materials online: <https://marszpozdrowie.pl/poradnik/>
Website of project: <https://marszpozdrowie.pl/>

Senior coach in Poznań by Foundation for the AWF

This project/ ICT tool/ workshop/ event addresses:

- Raising awareness about the benefits of sports,
- Developing outdoor sports practices, also by combining the enhancement of the territory.

Objectives

- activation of seniors (main goal),
- persuading seniors to lead a healthy lifestyle,
- showing seniors physical activity as an attractive form of spending time.

Reasons for the choice of good practice

"Senior Trainer" is a component of the project "Housing Estate Trainer, Senior Trainer, Pre-school Trainer" implemented by the Foundation for the Academy of Physical Education. Eugeniusz Piasecki in Poznań. Without these classes, no one can imagine the landscape of Poznań anymore. Only during one week, this component includes classes for over 160 exercise groups, i.e. for about 4,000 seniors. They can choose from various types of exercises, such as, for example: Aquafitness, Ball - shape, Spinning (indoor cycling), Dance and gymnastic classes, Zumba, Active Senior, Senior Dance, Senior Balance, Gymnastic Exercises "STOP UPADKOM", Catch the Breath, Classes at outdoor gyms, Nordic Walking Healthy spine, Dance aerobics +

strengthening, Aqua Senior, Gymnastics on mats, Aqua Gymnastics, Zumba Gold, Gymnastics Przy Muzyce or even Sports Bridge, Table Tennis, Fitball or Yoga:

AQUA FITNESS

It is a form of training in water, aimed at seeking well-being from the psychological and sociological point of view, it is a great form of whole body training, which aims to achieve the maximum physical fitness for a given individual, using various forms of movement in water adapted to the possibilities, taste and expectations of the individual who thus takes considerable responsibility for the functional improvement of his own body. A characteristic feature of this form of activities is that they are fully relieved, which is ensured by the water buoyancy. The human body weighs about 90% less in water than on land, and the exercises performed in it do not burden the joints and are completely safe and effective at the same time. Due to the use of special displacement and resistance equipment and trainers during the classes.

FIT +60 (general development, strengthening classes for the senior):

Perfect balance and muscle strengthening training with the use of various types of equipment, incl. balls of various sizes, tapes, rollers. Particular emphasis is placed on strengthening the muscles responsible for maintaining proper posture. A pro-health lesson, also aimed at people who have problems with the locomotor system.

INDOOR CYCLING

That is, riding in a group on stationary bikes to the rhythm of music with the use of various techniques imitating descents, climbs, standing, sitting, fast, slow, with different loads. The closed and cyclical nature of the movement prevents the possibility of injury. For beginners, the most important is the rhythm imposed by the instructor and the musician. Therefore, do not worry about maintaining your heart rate ranges during your first class.

DANCING AND GYMNASTIC CLASSES

The aim of the classes is to improve physical fitness, motor coordination and mental relaxation. The classes are intended for all people who want to improve their condition, take care of their well-being and increase their vitality. The classes are intended for both women and men. In our classes, we use elements of dance, fitness, stretching, yoga, callanetics and gymnastics. The vast majority of classes are conducted with music, to which the movement is adapted. During the classes, you can learn the steps of various dances such as: cha-cha, samba, bachata, salsa, English waltz, foxtrot and many others. Elements of gymnastics increasing the efficiency of the body, stretching exercises and yoga elements are also conducted with properly selected music. After the classes, apart from the multifaceted health effects, the exerciser gains a feeling of relaxation, and many people experience a specific euphoria resulting from the

performance of motor elements that were unattainable until recently. Classes are conducted by long-term lecturers of the Academy of Physical Education in Poznań, Dr. Elżbieta Grodzka-Kubiak, Dr. Przemysław Kwarta and students of instructor specialisation in dance, fitness and gymnastics. The organisers have 15 years of experience in conducting this type of classes, based on many years of cooperation with the Society of the University of the Third Age. Przemysław Kwarta, PhD and students of dance, fitness and gymnastics instructors. The organisers have 15 years of experience in conducting this type of classes, based on many years of cooperation with the Society of the University of the Third Age. Przemysław Kwarta and students of dance, fitness and gymnastics instructors. The organisers have 15 years of experience in conducting this type of classes, based on many years of cooperation with the Society of the University of the Third Age.

ACTIVITY ACTIVITIES IN THE USE OF OUTDOOR GYMS (general development activities in the open air):

Classes are held at outdoor gyms in various locations in Poznań. Classes are intended for seniors (both women and men). The classes consist of strength training with elements of fitness by a recreation instructor specialising in strength fitness. Each class lasts 60 minutes and consists of 3 parts - warm-up, strength exercises and stretching. At the beginning of the classes and during them, the instructor thoroughly explains and shows the exercises and, if necessary, corrects participants' mistakes. Classes (if possible) are tailored to the individual needs, skills and health of the participants, who are divided into groups of 8 to 30 people. The aim of the classes is to improve the participants' physical fitness, increase knowledge of fitness, dietetics and rehabilitation.

Gymnastics on mats

Classes are held at the KS Sobieski Poznań, os. J. III Sobieskiego 22 g in a room lined with mats. A group of about 25 people participate in gymnastics classes and gymnastics with equipment. Mainly used are McKenzie exercises, relieving the spine, joints, stretching and breathing.

NORDIC WALKING (walking with poles):

Outdoor activities combining Nordic Walking and various types of general development training focused on: - learning the correct technique of Nordic Walking - only the correct technique relieves the joints, engages the whole body to work and causes more calories than walking without poles; - strengthening the muscular corset and increasing stabilisation of joints - to make the joints stronger, healthier and stop annoying; - exercising dexterity, coordination - to easily deal with the difficulties of everyday life; - increasing efficiency and burning fat tissue; - great fun and integration.

HEALTHY SPINE

Classes at the Healthy Spine room. It is a medical training, characterised by great pro-health and intended for people who struggle with various types of pain and overload problems caused by an inactive lifestyle they lead or work in inappropriate movement patterns. By combining the Healthy Spine classes with elements of Pilates, optimization of movements in the joints, techniques of myofascial relaxation (mainly deep self-massage), strengthening the corset of deep and postural muscles, balance, proprioception, stabilisation on various surfaces and exercises for the pelvic floor muscles, an original program was created. effects.

AQUA GYMNASTICS

Aqua-aerobics Gold classes, i.e. gymnastics in water that relieves the joints, strengthens the muscular corset, restores proper muscle tone.

GYMNASTICS 60+ Training of motor coordination, with elements of muscle strengthening and improvement of cardiovascular and respiratory efficiency. Classes with pleasant music, exercising both the body and psyche, adjusted to the intensity for people over 55 years of age.

AQUA SENIOR ATLANTIS

An excellent way to strengthen the musculoskeletal system and improve cardiovascular capacity and overall body fitness. Low-intensity exercises take place to the rhythm of music, which sets the pace and motivates you to exercise. Thanks to the buoyancy of the water - exercises are carried out with relief, without exposing the spine to overloads and injuries. At the same time, water resistance ensures greater efficiency of muscle work and stimulation of the skin layer. The instructor on the shore shows the exercises that the participants are doing. Classes are held in a large swimming pool, in shallow (waist-length) or medium (chest-length) water.

AQUA SENIOR RATAJE

These are classes conducted in a relaxed atmosphere, the aim of which is to prevent the health of the elderly. Generally improving gymnastics in water has a positive effect on muscles, joints, cardiovascular system and improves efficiency. Classes are conducted both with and without the use of buoyancy equipment. Classes are held both in the sports and recreational swimming pools and are conducted by experienced instructors to the rhythm of the music. The effect of using the classes is a significant improvement in well-being.

AQUA SENIOR GRAPE

These are classes conducted in a relaxed atmosphere, the aim of which is to prevent the health of the elderly. General-purpose gymnastics in water has a positive effect on muscles, joints, cardiovascular system and improves efficiency. Classes are conducted both with and without the use of buoyancy equipment, in a large or small pool, but always accompanied by rhythmic music. A side effect is a definite improvement in well-being.

SPORTS BRIDGE

Bridge is a great entertainment that allows you to improve and maintain your mental condition and the ability to concentrate. Our mind, like our body, requires training, and playing bridge is certainly one of the best forms of gymnastics. Activities organised both for those who know the rules of the game of bridge and want to improve their skills, as well as for all those who want to learn how to play. During the meetings, the rules of sports bridge are introduced and assistance is provided in understanding the tactics of the game in tournaments. Parallel to learning the rules, a game is practised under the supervision of leaders who help in solving bridge problems.

HEALTHY SPINE + PILATES

The classes are aimed at reducing back and neck pain. Through strengthening, stretching, relaxing, mobilising and balance exercises. Relieving the spine by strengthening the muscles that hold the body posture. During the classes, exercises from the pilates method are used, which allow you to slim the figure, but also increase the flexibility of the muscles. Classes improve posture and shape her habits.

AEROBIC + ĆW. STRENGTHENING

The classes consist of two parts. The first part increases the body's efficiency, coordination, general mobility and mental relaxation. A simple exercise with elements of dance, combined into uncomplicated patterns. The second part is exercises on mats that strengthen and stretch all muscle groups. At the end of the class, a few minutes are devoted to breathing and relaxing exercises.

ZUMBA (TROPS)

Zumba is an excellent proposition for people after injuries and surgeries, for people suffering from diabetes, hypertension, joint diseases and for people aged 50+. It contributes to the overall increase of physical strength and endurance, increasing the range of movements, as well as obtaining, maintaining and improving muscle flexibility. As a result, it causes faster burning of calories, improved body shape, better condition and greater possibility of painless daily activities. Classes are tailored to the group.

The choreographies use steps from various dance styles, incl. tango, cha-chy and salsa.

HEALTHY SPINE (TROPS)

Classes aimed at strengthening the central parts of the body and increasing the mobility of the spine. Classes teach correct movement habits, make the body more flexible, and prevent back pain, and reduce it with regular training. These are classes in the prevention of diseases of the spine and the movement apparatus, and not rehabilitation, because prevention is better than cure. Healthy spine classes also allow you to calm down, because they combine elements of classes such as stretching or yoga.

ACTIVE SENIOR (TROPS)

This form is based on pilates, stretching, yoga and a healthy spine, as well as more dynamic forms of fitness classes. They improve the condition, increase muscle strength and shape balance. Classes are conducted at a pace adapted to the group's capabilities. Exercises combine the features of rehabilitation, taking into account the prevention of diseases of people.

Gymnastics classes with piano accompaniment - "stop falls"

Classes for people over 60 years of age based on gymnastic shaping exercises. It is a safe, attractive and effective form of movement, where appropriately selected exercises by the instructor allow you to shape and improve selected motor skills. Classes are general development with an emphasis on improving coordination and balance. The effect is to reduce the risk of falls, which, especially in seniors, can be very dangerous. Bearing in mind the complexity of human coordination, apart from exercises in the strictly physical sphere, aimed at improving muscle strength and endurance, there are also exercises involving the mental sphere (elements of Dalcroze's music method) - requiring concentration, decision making and quick response.

An undoubted advantage of the proposed training is the fact that all classes are prepared and conducted by two people: 1) the main tutor, responsible for the selection of exercises, demonstration and control of their correctness, 2) accompanist-pianist, responsible for preparing and conducting classes from the point of view of music. The use of live accompaniment allows you to control the rhythm of the exercises (maintaining the appropriate pace and its changes), and significantly increases the attractiveness of the classes, which has been emphasised many times by the participants. The main lecturer - Dr. Roman Celka, a graduate of the Academy of Physical Education in Poznań, and currently the head of the Department of Gymnastics, has extensive experience in the field of physical activity of the elderly, for many years conducting classes with this age group. Accompanist - mgr Jan Adamczyk,

a graduate of the Academy of Music in Poznań, since 2007 an accompanist at the Department of Gymnastics of the AWF Poznań. Both lecturers, apart from organising physical activities, have been conducting research on people of the third age for many years, in order to determine how best to improve and maintain coordination skills. The results of research using their proprietary method are very promising so far.

CATCH YOUR BREATH (TROPS)

A mix of breathing, relaxation and stretching exercises. During the classes, the muscles of the torso are strengthened, the correct posture is worked on, the body calms down and, above all, the quality and efficiency of breathing are improved. The leading, licensed physiotherapist helps to restore the natural oxygen flow in the body, ensuring full comfort while exercising on mats.

AQUA SENIOR

Water gymnastics, which uses various forms of strengthening, stretching and breathing exercises to improve overall physical fitness. Thanks to exercises, cardiovascular and respiratory efficiency is improved, joint mobility is improved and all muscle groups are strengthened. Exercises in water are characterised by work with relief (of the spine and joints), thanks to which they are also intended for people who are overweight or after injuries of the locomotor system. They are conducted with music, which improves mood, relaxes and unwinds. During the exercises, buoyancy equipment is used - swimming skills are not required.

GYMNASTICS FOR SENIORS (KS "Autumn Residency")

Group exercises adapted to the elderly, performed both in a standing and sitting position. They will be intended for people who, for various reasons, cannot exercise on mattresses while lying down. Physical gymnastics will take into account all diseases of people exercising. Up to 16 seniors take part in group classes at a time. During the classes, devices in the form of balls, sticks, and Thera-Band tapes will be used.

TABLE TENNIS

From the group of racket sports, table tennis, thanks to its simplicity, is an ideal sport complementing physical fitness and can be practised at any age and at any skill level. Training / table tennis classes allow for the development of those features that are extremely important for people in retirement age for proper functioning, i.e. visual and motor coordination, maintaining a stable posture and balance, speed and agility - the ability to quickly change directions and rhythm, make decisions and strategic planning, overall physical fitness, improving concentration and condition. Table tennis helps in the fight against visual dyslexia, which is becoming more and more common. It is based on disturbances in the perception of visual memory associated with disturbances in eye-hand and motor-spatial coordination.

GYMNASTICS

These classes allow you to maintain the efficiency of many physiological systems (blood, respiratory, motor, nervous) and maintain flexibility and flexibility of the joints, in particular the spine, shoulders, hips and knees. Participation in them guarantees an improvement in well-being and a boost of energy for the whole day.

YOGA

The classes are pro-health. Practising yoga on a regular basis can help improve your condition and function, and even slow down the aging process. Classes consist in performing special positions with the appropriate breathing technique. A qualified instructor watches over everything, thanks to which the level of classes is adapted to all participants. The influence of yoga on the human body is very wide. Thanks to training, you can: strengthen muscles, prevent degenerative changes, improve joint mobility, lower blood pressure and resting heart rate, and calm the mind.

HEALTHY SPINE

A healthy spine are pro-health classes at a leisurely pace, aimed at people who are fit and those suffering from pain. The exercises are adjusted to the level and needs of the group. We focus on improving the entire body, strengthening muscles and central stabilisation. During the classes, among others, mats, yoga belts and small soft balls are used.

YOGA in TROPS

An activity that improves fitness and endurance, making the body strong and flexible at the same time. They relieve the body of stiffness, pain and tension - also at the deepest level of tissues, joints and organs. They strengthen the immune and nervous systems.

Description of the project/ ICT Tool-Media/ seminar/workshop/event/learning material/etc.

It all started in 2009. Following the footsteps of Wrocław, Poznań has set itself an ambitious goal: to use the city's sports base for children and adolescents in their free time from studying. The competition committee operating at the Department of Physical Culture (now the Department of Sport) of the Poznań City Hall decided to entrust the task to the Poznań SZS and the Foundation for the University of Physical Education in Poznań. Each of the entities implemented the program in their own way, but the goal was one - to meet the new generation of young people by encouraging them to be physically active. The catchy name "Estate Coach" immediately won the hearts of Poznań residents. From the very beginning, the Foundation's program was

implemented in a team of three: Tomasz Ber, Szymon Rakowski, and Tomasz Wudarski. For many years, this team, in addition to funds from the city budget, obtained additional funds for the program, e.g. from the Ministry of Sport or under the FIO. Based on these experiences, in 2014 a decision was made to submit the program in public consultations under the name of Poznań Civic Budget 2015. Innovatively, the original component "Senior Trainer" was added to the name. The program received funding not only from the PSB but also from the Ministry of Labor and Social Policy, receiving funding under ASOS. Since then, the Housing Estate and Senior Trainer has become so popular with Poznań residents that they choose him every year during the vote for the Poznań Civic Budget. A Senior Trainer, modelled on the activities in Poznań.

From 2019, the residents of Poznań will get to know the program "Housing Estate Trainer, Senior Trainer, Pre-school Trainer" in a new visual identification in the form that is implemented to this day.

The project has been awarded several times. In 2016, he received the prestigious "Initiator - The Best Poznań Non-Governmental Initiative" in the Sport category, and in 2019, during the "Poznań Sports Gala", he received an honorary award. The program was visited by representatives of Poznań's partner cities or, for example, by a delegation of the Danish government interested in the activities. Annually, nearly 5,000 seniors take part in the classes with the Senior Trainer, making it the largest prevention program of the seniors movement in Europe.

As part of the program and activities, there is also a sports and recreational event entitled "Senior Spartakiada".

The program is entirely financed by the Department of Sport of the Poznań City Hall as part of the Poznań Civic Budget.

Description of the target group who is addressed in the good practice example

Classes under the Senior Trainer component are an offer for people who are 60 years of age or older, permanently residing in the city of Poznań. The condition for participation in the classes is to fill in the declaration of the place of residence and consent to the clauses contained in it.

Steps and methodology

Classes take place in strictly defined locations and times specified on the program website. Enrollment for classes takes place directly at the persons responsible for the classes, whose contact details are provided on the program website. The order of applications decides about qualification. If the limit of places is exhausted, a reserve list is created. If a place becomes available, people from this list have priority in participating in the classes. If the financial possibilities of the organiser allow it, an additional exercise group may be created from the reserve group. In the case of

classes with a limited number of places, three absenteeism in classes causes deletion from the list of participants and a person from the reserve list is entered in the place of the deleted person.

The participant must have a valid accident insurance covering practising the selected sport. The participant participates in the classes at his / her own risk according to the knowledge of his own abilities and limitations. People participating in the classes are obliged to exercise caution when exercising. The classes may not be attended by people who have clear medical contraindications to activities related to physical effort. In the event of an injury, injury or malaise, the participant should immediately report to the instructor and inform him about his ailment.

The organiser is not responsible for any possible negative consequences for the health of the Participant resulting from participation in exercise during sports activities organised in accordance with all sports rules. In the event of inappropriate behaviour of the Participant of the classes, including behaviour that threatens the health, life, safety of himself and other participants, or behaviour that disorganised and impedes the conduct of classes for the group, the teacher has the right to take consequences against him, including exclusion from the classes. The participant must take care of the good condition of the equipment, sports equipment provided and the training place. The Participant is financially responsible for any damage caused by the Participant. It is strictly forbidden to eat while participating in the classes, or being under the influence of alcohol or intoxicants and smoking, and participants are subject to personal culture and an absolute ban on using obscene words. The participant declares that he is healthy, has no symptoms of infection or infectious disease, has not lived with a person staying in quarantine or isolation at home within 14 days before the start of the classes. If a participant suffers from a chronic disease that may expose him to a more severe course of COVID 19 infection, he is obliged to inform the organiser about this fact at the stage of registering for participation in the classes. If the participant has chronic diseases, it is necessary to provide a medical opinion that there are no health contraindications for participation in the classes. Before each entry to the area where the classes are held, hands should be disinfected using a special agent provided by the organiser. The organiser is not responsible for items left in cloakrooms and other places intended for changing into sports outfits. The organiser reserves the right to change the date, time and place of the classes and the regulations, about which he will inform via the website.

POZnań*

AWF
Akademia Wychowania Fizycznego
im. Eugeniusza Piaseckiego w Poznaniu

Fundacja
na rzecz AWF Poznań

Poznański Budżet Obywatelski

TRENER SENIORALNY

Miasto Poznań oraz Fundacja na rzecz AWF serdecznie zapraszają poznańskich Seniorów na trzecią

SPARTAKIADĘ SENIORALNĄ

organizowaną w ramach programu Trener Senioralny

★ ★ ★ ★

Kiedy? 21.06.2018 r.

Gdzie? Boisko AWF
ul. Królowej Jadwigi / Droga Dębińska

Program imprezy:

11:00	Rozpoczęcie zapisów w Biurze Zawodów
12:00	Oficjalne otwarcie Spartakiady Senioralnej 2018
12:00-17:00	Rozgrywki i konkurencje sportowo-rekreacyjne

Udział bezpłatny! Do zdobycia atrakcyjne nagrody!

www.trener.awf.poznan.pl

Konkurencje dla każdego! ★ Pamiątkowe koszulki dla uczestników!

Photo 2. Poster of a „Senior spartakiad 2018” as part of the „Senior Trainer program” in Poznań. Source:

<https://www.facebook.com/TrenerSenioralny/photos/a.595688487263148/1002936343205025>

Sources for further information about this good practice

<http://www.trener.awf.poznan.pl>

This ICT tool/ event addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices in the home,
- Developing sport and physical activities by combining sport and social tourism

Objectives

- sports competition (mental),
- social and cultural integration,
- sports and tourist activation of seniors.

Reasons for the choice of good practice

- Swiss system for the distance of IX rounds . Game speed 60 minutes + 30 seconds extra for each move from the beginning of the party . All participants play in one group.
- The tournament provided are attractive prizes: Trophies and medals for the three best participants in 4 groups. Prizes - winners of each age group will receive PLN 2,000 each. In each of the 4 groups, 40% of participants will receive prizes , the amount of which will be given after the first round. The winner of the entire tournament will receive an additional voucher gift of value 1.000zł.
- Additional activity social, cultural, sports and do (more personal).

Description of the ICT Tool/ event

Sample schedule:

1st day from 14.00 arrival hours. 6.00 p.m. - dinner at 20.00 - technical briefing

II day h. 15.00 - 1st round

III day h. 15.00 - second round

IV day h. 9.00 - III round, 15.00 - 4th round

V day h. 15.00 - 5th round

at 10.00 Tournaments of preschoolers and children up to 10 years of age with the participation of only invited players

VI day h. 9.00 - VI round, 15.00 - VII round

VII day h. 15.00 - VIII round

VIII day h. 9.00 - IX round 12.30 - end of hours. 1 p.m. - lunch

Description of the target group who is addressed in the good practice example

Eligible to participate in the fourth MP Seniors are women and men > 50 fifty-fifths years (women) and > 55/ 65 years of (men) holding Polish citizenship. Chess players born in Poland and currently living abroad are welcome :

- women born in 1970 and older,
- men born in 1965 and older.

Steps and methodology

Participants bear the costs of travel and accommodation with meals in a tourist attractive place and at preferential rates (about PLN 600-700) . The entry fee to the tournament is PLN 120 (including the ranking fee). In addition, participants of the 4th Senior MP are required to enter the start list on the ChessArbiter website.

FIDE rules will apply to the tournament. Swiss tournament system. Classification according to Directive s PCF and FIDE. The equipment necessary for the game is provided by the organiser. The tournament takes place in a strictly defined m surcharges end and the hours specified on the website and communications organisation PCF and the organisers.

Competitors insure themselves at their own expense.

During the pandemic and the so-called "Defrosting sport" was guided by the following guidelines:

Guidelines of the Polish Chess Association for the organisation of chess tournaments and trainings in the light of the "4th Stage of unfreezing Polish sport" after June 4, 2020, the Regulation of the Council of Ministers of June 12, 2020 and the consent of the Director of the Department of High-Performance Sports of the Ministry of Sport.

The Polish Chess Federation strictly adheres to the recommendations and guidelines of the Minister of Sport. General sanitary framework guidelines for sports halls and halls, developed by the Ministry of Sport:

- In the fourth stage of "defrosting" sport, the restrictions on the use of sports facilities were lifted . However, it is still necessary to meet the sanitary requirements and the limits specified in the regulation.
- you can organise and conduct sports events and competitions both in the open air and in sports facilities.

- you can organise tournaments in sports halls, without the participation of the public. The regulation specifies the admissible number of tournament participants, i.e. 250 participants. This limit does not apply to people serving the competition. The tournament takes place without the participation of the audience.
- Parents cannot be in the sports hall during the tournament for children, the limit of 250 people applies only to the participants (does not apply to people serving the tournament), the tournaments take place without the participation of the audience.
- public participation in sports events will be possible from 19 June this year, and by that date detailed rules for this will be developed.
- The obligation to wear a mask does not apply to people who practise sports, it applies to all forms of activity.
- During sports activities, there is no obligation to cover the nose and mouth and keep a 2-metre social distance, when due to the specificity of the sport it is not objectively possible. However, it is advisable to minimise contact and maintain it (even in sports) as often as possible for the sport in question.
- All devices and objects that come into direct contact with users are subject to disinfection.

In GUIDELINES sanitation :

The regulation defines the sanitary framework for sport, according to which: the entity authorised to provide the facility, the organiser of a sports event or the organiser of sports activities (in the case of activities outside the sports facility and not related to the sports event):

- verifies the number of people participating in sports activities or a sports event, using a sports facility or sports equipment,
- disinfects cloakrooms and sanitary facilities,
- provides people participating in classes, sports events or using a sports facility or sports equipment with means for disinfecting hands and sports equipment,
- disinfects devices and sports equipment after each use and for each group of users (excluding gyms, fitness clubs and sports camps),
- provides 15-minute intervals between entering and leaving participants of classes, sports events or using the facility, or otherwise limits contact between these people.
- The obligation to wear a mask applies to all competitors, judges and organisers. The mask can only be removed when playing sports - i.e. at the chessboard itself.

ATTENTION! The Chief Sanitary Inspector may also issue his own guidelines for a given type of activity.



Photo 3. Poster of the Polish Senior Championships in Chess Poland 2020

Source: <https://infoszach.pl/2020/09/30/iv-mistrzostwo-polski-seniorek-i-seniorow-w-szachach-na-rok-2020/>

Sources for further information about this good practice

<https://pzszech.pl/>

Announcements are available on the tournament's organisational website, and any additional information on the PZSzach website :

<https://pzszech.pl/2021/03/15/mistrzostwo-polski-seniorek-i-seniorow-55-65-karpacz-16-22-v-2021/>

http://www.chessarbiter.com/turnieje/2021/ti_620/

Movies:

<https://www.youtube.com/watch?v=g5qSH91zkBE> (4th edition promotional video)

<https://www.youtube.com/watch?v=J1vUQPdvzow> (4th edition)

<https://www.youtube.com/watch?v=fWcRUZL83Ds> (interview with FM Władysław Pojedziniec)

This project/ ICT tool/ event/ workshop addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices in the home,
- Developing outdoor sports practices, also by combining the enhancement of the territory,
- Developing sport and physical activities by combining sport and social tourism,
- Developing the volunteering of seniors for the promotion of physical activities.

Objectives

The aim of the project was to increase the availability of care and activation services for 225 dependent people in the form of a day stay by creating and developing the offer of care farms providing 75 places in rural areas in the Kujawsko-Pomorskie Voivodeship and increasing care competences for 25 people by August 2020.

Description of the project

Caring farms are a form of support in the field of social care and integration for dependent and elderly people and their families as part of a farm running agricultural activity in order to improve their functioning.

Fostering farms may function on the basis of the following organisational forms:

- Daily residence house,
- Family nursing home,
- A 24-hour care facility runs as part of business activity.

Among the caring farms in the Tuchola powiat, the following are available:

Care farm in Gulbiny (Rypin district)

Host: Urszula Pilarska

Located by a lake in a picturesque area, it is a place for people who value peace and love contact with nature. On the farm there is a cherry orchard and specimens of seventy-year-old varieties of apple and pear trees, which in spring delight with a beautiful view of blooming buds and the sound of working bees. The farm is located near the manor park. Fryderyk Chopin once visited the local estate during his holidays in Szafarnia.

The farm provides 8-hour day care on working days, from 7:30 am to 3:30 pm. The tutor, with the support of volunteers, looks after a group of five charges.

The mentees are elderly, lonely people who require support in everyday life. All classes are tailored to the capabilities and interests of the pupils and serve to fill their free time in a family atmosphere. The charges are also accompanied by gentle pets who like contact with people.

The farm's offer includes, among others:

- exchange of culinary experiences;
- joint preparation of interesting dishes, creation of a small set of own, proven recipes, consolidation of healthy eating habits;
- seasonal processing of your own vegetables and fruits;
- collecting herbs growing in the yard and processing them;
- processing of other "gifts of nature" of the farm: birch sap, linden blossom, elderberry juice, chestnut cream;
- participation in the care of trees and shrubs in the yard and help in harvesting fruit;
- help in keeping the yard in order: raking grass and leaves, caring for flowers and vegetables;
- joint keeping of the chronicle of the project Caring farm in Gulbiny;
- handicraft workshops according to the preferences of the pupils, run by Mrs. M. Przybylska, founder of the Kleszczyński Artistic Handicraft Lovers' Club;
- car trips around the area - Studzianka, Obory, Szafarnia, Tomkowo, Golub-Dobrzyń, Skrwilno, Sierpc;
- joint trips to the "Bałtyk" cinema in Rypin;
- elaborating forgotten memories and accounts of older residents about our village of Gulbiny;
- meetings in the form of lectures with interesting people - rehabilitator, nurse, doctor;
- meetings with the powiat and commune authorities as well as with the management of PCPR and GOPS;
- active recreation in the fresh air: walks, Nordic walking, gymnastic exercises;
- current press: weeklies, shared reading;
- learning to use a computer and first steps on the Internet;
- common social games, memory exercises: solving crosswords and psychological tests;
- participation in communal festivals, holidays and fairs;
- musical inspirations: compiling a collection of folk songs from the vicinity, preparing a literary and musical performance;
- learning foreign languages for those interested;

- a talk about the safety of seniors with a representative of the Poviast Police Headquarters in Rypin.

Care farm in Jastrzębiec (Sępólno district)

Host: Monika Winograd

The farm is located in the Jastrzębiec commune (Więcbork commune), in the Sępoleński district. The farm is located in the Krajeński Landscape Park. 10 hectares of arable land and 10 hectares of forests owned by the farmers are subject to the caring farm. The habitat is located in the centre of the village, close to the day room with the Rural Housewives' Club, which favours integration with the local community.

The farm provides 8-hour day care on working days, from 8:00 a.m. to 4:00 p.m. The carer, with the support of a volunteer, looks after a group of six charges.

The farm is adapted to provide day care for dependent and elderly people, people in need of support in everyday life, lonely people with eye diseases or diabetes. Several high stairs lead to the house, therefore, due to infrastructural difficulties, the hosts cannot take care of people in wheelchairs, as well as people using crutches. In the house of the hosts, people who like spending time with a book (a library available), spending time actively in the open air, whether in the park or walking around the area, will find care. People who like to do handicrafts and listen to stories about the history of the place and the area will find care here.

Farm offer

Taking care of the comprehensive development of the charges, the farm offers walks and outdoor activities, gardening - care for new plantings to improve their physical fitness. The farm has a small vegetable garden and an orchard mainly with apple trees, which makes it possible to prepare mortars or fruit and vegetable preserves. The hostess offers mushroom picking in late summer and autumn, which is also an excellent form of exercise.

During bad weather, handicraft activities, acquiring new skills, board games, quizzes, solving crosswords or logical tasks are offered, which are designed to increase the mental fitness of the pupils and improve their condition.

The proximity of the village common room and the elementary school, thus meeting the members of KGW or children, is conducive to social development, deepening friendships and making completely new ones. Spending time in a group of several people helps you feel better.

Care farm in Cekcyna (Tuchola district)

Moderators: Bożena and Jan Gauden

The habitat is located in Cekcyn, in the Tuchola district. The green area is perfect for spending time outdoors. The house is located in the centre of the village, close to the Municipal Cultural Center, church and health centre. There are also municipal offices nearby. Only half a kilometre separates the farm from a beautifully landscaped beach on Lake Wielki Cekcyńskim with a promenade, where you can admire the beauty of nature and an amphitheatre, where local cultural events are organised.

The farm provides 8-hour day care on working days, from 7:30 am to 3:30 pm. The tutor, with the support of a volunteer, looks after a group of six charges.

The farm is adapted to provide day care for dependent people, elderly people, lonely people with eye diseases and diabetes. Due to infrastructural difficulties, the hosts cannot take care of people in wheelchairs, as well as people using crutches. In the house of the hosts, people who like peace and quiet or spending time with a book will find care. However, it is equally important to spend time actively in the open air, in the form of walks or in the garden, where the residents have an orchard, flower garden and vegetable garden at their disposal. Guardian - a handyman for under-care gentlemen, DIY enthusiasts has a small workshop at their disposal. She is also passionate about the orchard and garden, to which she can encourage her charges.

Farm offer

The hosts offer their charges cultural activities involving trips and visiting nearby places, participation in integration meetings with other seniors, meetings with invited guests on the farm, e.g. local handicrafts men, which fosters social development, opening to new opportunities and learning new skills and consolidation previously acquired. Small rehabilitation equipment helps physical development, as do walks along the promenade and in the woods.

A care farm in Venice (Żniński district)

Hosts: Kinga and Maria Kurek

The farm is located almost at the end of the village, very close to the centre. It is a nice agritourism farm. The hostess deals with herbs and rehabilitation. The residence for residents is located near the town of Żnin, and also close to the settlement in Biskupin.

The farm provides 8-hour day care on working days, from 8:00 to 16:00. The carer, with the support of a volunteer, takes care of a 6-person group of pupils.

The farm accepts people with mobility impairments, crutches and walkers, as well as people with other health ailments who require specialist care due to illness, e.g. condition after hip surgery.

Farm offer

Various activities are available on the farm. Physical activities are organised to improve the physical condition of the pupils. In winter, stationary equipment is available: stationary bike, rotors, massage balls, etc. On warmer days, you can spend time outdoors, on walks, marches or gymnastics adapted to the fitness of the pupils (Nordic walking poles). The charges regularly benefit from rehabilitation on specialised beds.

As part of farm activities, interested parties can take care of a dog, cat, take care of the garden and take care of flowers. In order to support and develop their relationships and social activity, the charges have the opportunity to participate in intergenerational meetings, games and team games, handicraft activities or reading books and the press together. Workshops are also organised with the use of local farm resources, but also with the help of specialists (e.g. decoupage method). The charges also used trips to, for example, Ciechocinek or the swimming pool.

Care farm in Komratów (Żniński District)

Host: Joanna Nyka

The farm in Komratów is a thriving farm, resembling former country manors. It is located on the border of the Mogilno powiat. The farm is located in the centre of the village, close to a lake and a forest. It is a very nice place to relax and walk. The hostess also works on the farm. It is close from here to Żnin, as well as to the settlement in Biskupin and Venice.

The farm provides 8-hour day care on working days, from 8:00 to 16:00. The carer, with the support of a volunteer, looks after a group of five pupils.

The farm accepts people with physical disabilities and the elderly who, due to their age, have difficulties in everyday activities.

Farm offer

Various activities are available on the farm. Physical activities are organised that have a positive effect on the level of physical activity of the pupils. In winter, stationary equipment is available: stationary bike, rotors, massage balls, etc., and on warmer days you can spend time outdoors, on walks, marches or gymnastics adapted to the fitness of the pupils (Nordic walking poles). As part of farm activities, interested parties can take care of a dog, cats, and help with farm animals, take care of a vegetable

garden and cultivate flowers. In order to support and develop their relationships and social activity, the charges have the opportunity to participate in intergenerational meetings, games and team games, handicraft activities or reading books and the press together. There are also culinary workshops using local farm resources. The charges also take advantage of trips, e.g. to Ciechocinek or to the swimming pool.

Care farm in Ernestów (Świecie district)

Moderators: Anita and Piotr Suchomscy

The Suchomski family farm is an ideal place for people who want to feel close to nature and get to know the charms of life in the countryside. An active farm with animal and plant production, located in the vicinity of arable fields, trees and forests. A great attraction is the lake belonging to the farm, which you can take advantage of.

The farm provides 8-hour day care on working days, from 8:00 a.m. to 4:00 p.m. The tutor, with the support of a volunteer, looks after a group of six charges.

The farms are focused on caring for the elderly and dependent people - also with chronic diseases.

Farm offer

The farm's offer is addressed to people looking for contact with other people, who like to be outdoors, and who want to engage in everyday duties as far as they can physically, e.g. working in a vegetable garden or in an orchard, helping with working with animals. In bad weather, time on the farm is spent talking, reading books and newspapers, playing board games or watching movies together. Other activities proposed by the hosts include: traditional methods of processing fruit and vegetables from the farm, picking field herbs, walking, watching animals, fishing in the lake and boating, handicraft classes, gardening classes and exercising for the elderly.

Care farm in Dubielno (Świecie district)

Moderators: Katarzyna and Jacek Biskupscy

The farm is a magical place in the midst of a pine forest. It is situated in the heart of the forest in Dubielno. The silence and harmony of the surrounding nature make a person feel a strong bond with nature and breathe full breast away from everyday worries.

The farm provides 8-hour day care on working days, from 7:30 am to 3:30 pm. The guardian, with the support of a volunteer, looks after a group of five charges.

The farm services are aimed especially at lonely elderly and disabled people who like to spend time in close contact with nature. The owners and friendly pets offer them unconditional acceptance. According to their preferences and fitness, the pupils can cultivate vegetables and flowers, feed rabbits, and spend time with horses. The farm also offers them the opportunity to develop their artistic passions - painting pictures or restoring and decorating furniture.

Farm offer

The offer of activities is very attractive and diverse. Starting from walks in the surrounding forest, mushroom picking and harvesting forest fruits, to cooking, singing and handicraft activities. Joint trips, visits to the theatre, visiting interesting places in the area are other forms of spending time on this farm. Staying outdoors, exercising, working with farm and domestic animals (cats and dogs). All activities improve their well-being, improve their self-esteem and build friendly relationships.

Care farm in Sokołów (Golub-Dobrzyń district)

Host: Małgorzata Warlikowska

The farm in Sokołów is an atmospheric place, conducive to relaxation and building bonds. The natural surroundings encourage walks and garden work. The caregiver motivates for personal development by offering various activities. However, the biggest advantage is the time spent together and conversations.

The farm provides 8-hour day care on working days, from 8:00 a.m. to 4:00 p.m., for a group of 6 people.

The care is aimed at dependent people in need of care, mainly the elderly and the lonely. Homemade meals and interesting forms of spending time in a pleasant atmosphere are provided. While in the group, the charges participate in the daily life of the farm, and they are also offered contact with a psychologist.

Farm offer

The charges are provided with care, meals and an organised way of spending time. Elderly and disabled people can still enjoy life, despite a decline in overall fitness. With the right support, these obstacles are not insurmountable. These people can enjoy life more, even in small matters, e.g. communing with nature, beautiful landscape or ordinary conversation. They focus more easily on the positive aspects of life and are less influenced by the negative ones. They use this time of being together for themselves, indulge in passion, plan meetings with friends and family, catch up on reading books. Physical and intellectual activity, active participation in family and social life, proper diet improve everyday functioning. Thanks to being together so often,

friendships and acquaintances are formed, they give purpose to human life, give pleasure, cause joy and optimism. It's our nature to surround ourselves with people we like and with whom we like to spend time, people who support us.

Care farm in Modzerów (Włocławski district)

Host: Małgorzata Ziemann

The farm is located near Włocławek, so it is easy to get here from a large agglomeration. It is a quiet refuge where you can find empathy and understanding.

The farm provides 8-hour day care on working days, from 8:00 to 16:00. The carer, with the support of a volunteer, looks after a group of 5 people.

The farm accepts elderly and disabled people who require help in everyday activities. The caregivers have extensive experience, so people with significant disabilities will also find help here.

Farm offer

The farm provides support in daily activities and the company of a group of elderly people. The charges can count on comprehensive care - both physical exercises adapted to the capacity of the charges are important, as well as intellectual development stimulated by tasks and games. However, the most important thing is the time spent together and conversations.

Care farm in Głowińsk (Rypin district)

Host: Elżbieta Paczkowska

Working farm surrounded by fields and meadows. Older people from nearby towns will find a place where they can work and rest together.

The farm provides 8-hour day care on working days, from 7:30 to 15:30. The carer, with the support of a volunteer, looks after a group of 5 people.

The farm accepts elderly people who require help in everyday activities. Daily activities, walks and conversations are a real remedy for loneliness.

Farm offer

The wards of the farm willingly join the daily life of the farm, taking care of the vegetable garden and feeding small livestock. They keep fit, both by taking long walks around the area, as well as by performing simple physical exercises. Time spent together - talking and eating - creates bonds of sympathy and understanding.

Care farm in Nielub (Wąbrzeski district)

Host: Małgorzata Sobczak

An 18-hectare farm with plant and animal production, in the vicinity of the village centre. The nearby village common room allows contact with other people and joining the activities offered also by this centre. The experience of a babysitter and volunteer in caring for dependent people and the course completed allows us to fully professionally take care of the charges.

The farm provides 8-hour day care on working days, from 8:00 a.m. to 4:00 p.m. The caregiver, with the support of a volunteer, looks after a group of 5 charges. In the event of absence, the babysitter will be replaced by a foster carer.

The farm takes care of people with a slight physical disability, moving on crutches and walking frames. The care is also available to people with visual impairment and people who require a specialised diet due to an allergy or disease, e.g. diabetes or celiac disease. People who like various kinds of handicrafts will certainly find something for themselves in the farm offer, as well as book lovers. People who like long walks can enjoy the quiet and beautiful surroundings. The charges can also interact with pets on a daily basis, which also has a therapeutic function. Staying in tune with your own needs, you can participate in ordinary household, farm, or preserves-related work. People staying on the farm can count on help in dealing with official matters.

Farm offer

The farm is located in a quiet area, focused on maintaining the physical, mental and social fitness of the pupils by discovering their own "self" and developing hidden artistic talents, among others. handicrafts, physical activities, basic everyday activities, if possible for each student.

The offer of classes is strictly adapted to the group of people staying in it. The classes are aimed at maintaining the fitness of the residents in their care, developing their passions and perhaps forgotten skills. The main goal is to overcome loneliness, increase self-esteem and reintegrate into social life. The farm organises time thematically in accordance with the seasons.

From field to table - in spring, prepare and sow flowers, vegetables and herbs on the vegetable garden. Common weeding, watering, care, fertilisation. In summer, harvesting and joint processing of harvested vegetables and fruits from the orchard and vegetable garden (strawberries, apples, grapes, beetroots). These are activities that promote physical and social development.

Exercise in the open air: walks, Nordic walking, exercise, gymnastics, elements of rehabilitation, adapted to the abilities of the pupils - physical and social development.

Handicraft workshops: decoupage, Italian tissue paper flowers, painting, drawing - social, mental and physical development.

Culinary workshops: making dumplings, baking cookies, sharing proven recipes or cooking tricks, learning from one another - physical and social development. Farm work, activities for the willing and more agile: caring for farm or domestic animals, care, cleaning, feeding - social, physical and mental development.

Care farm in Łopatki (Wąbrzeski district)

Lecturers: Barbara and Antoni Kania

The 10-hectare farm with plant production is located in the centre of the village of Łopatki. It is located on the district road Wąbrzeźno -Books, separated from it by a green zone. It is an oasis of peace, harmony and family warmth. In the town, 4 km away, there is the Commune Cultural Center, where seniors from the Books commune meet. It is a chance for joint meetings and exchange of experiences. There is also a lake 4 km away. The quiet neighbourhood is perfect for walks and admiring nature. The close proximity of Wąbrzeźno makes it possible to go shopping and bowling.

The farm provides 8-hour day care on working days, from 8:00 a.m. to 4:00 p.m. The carer, with the support of a volunteer, looks after a group of 5 charges. In the event of absence, the babysitter will be replaced by a foster carer.

The farm takes care of the elderly, lonely, dependent, slightly physically disabled people, walking on crutches and walking frames. People with visual impairment and those requiring a specialised diet due to illness, e.g. diabetes or celiac disease, can also count on care. People who like various types of handicrafts will surely find something for themselves in the farm's offerings. You will be able to explore the secrets of cross-stitching, ribbon embroidery, decoupage, macrame braiding. The charges, in accordance with their own needs, can participate in ordinary household, farm or preserves-related activities. A group of more physically agile people can use Nordic walking poles or other activities supporting their physical fitness. Anglers will also find their refuge in a nearby stocked pond.

Farm offer

In addition to the daily activities offered, the farm is focused on showing its charges the surrounding natural and cultural values. This idea is realised through various types of trips. The offered types of activities and the flexibility of the caregivers favour the overall development of the charges and make everyone find something for themselves. The offer of classes is adjusted to the group of people staying in it. The classes are aimed at maintaining the fitness of the residents in their care, developing their passions and perhaps forgotten skills. Watching the broadcasts from the session of the Commune

Council together will allow the charges to be up to date with matters that directly concern them as residents of the local community.

Fishing, playing chess or other thought-enhancing games will help you stay fit for longer, both physically and mentally. The farm organises time thematically according to the seasons.

From field to table - in spring, prepare and sow flowers, vegetables and herbs on the vegetable garden. Common weeding, watering, care. In summer, harvesting and joint processing of harvested vegetables and fruit from the orchard. These are activities that promote physical and social development.

Floristry, creating bouquets from picked flowers from the garden or wildflowers - this is mental and social development.

Culinary workshops: making dumplings, baking cookies, learning from one another - physical and social development.

Handicraft workshops: embroidery, ribbon embroidery, decoupage, macramé braids, flowers from Italian tissue paper - social, mental and physical development.

Exercise in the open air - Nordic walking, fitness and Zumba elements, adapted to the abilities of the pupils - physical and social development. Common recreational and educational trips, e.g. to Ciechocinek, bowling or to the ruins of the castle.

Nursing farm in Niestronno (Mogilno district)

Lecturers: Anna Mataczyńska and Elżbieta Ostrowska

Traditional, very small working farm. Here you can find peace, quiet and human kindness. The farm is located almost at the end of the village, very close to the centre. It is a small farm with an area of 1.45 ha. The hostess works in the garden and grows vegetables.

The farm provides day care on working days, from 7.30 am to 3.30 pm. The caregiver, with the support of a volunteer, looks after a group of 5 people.

The farm accepts elderly, lonely people who require assistance in everyday activities, including people with physical disabilities, walking on crutches and walking frames. People with other health ailments who require specialist care due to illness, e.g. after a stroke, will also receive help.

Farm offer

Various activities are available on the farm. Physical activities are organised that have a positive effect on the physical activity of the pupils. In winter, stationary equipment is available: stationary bike, rotors, massage balls, etc., and on warmer days, you can

spend time outdoors, on walks, marches or gymnastics adapted to the fitness of the pupils (Nordic walking poles).

As part of farm activities, interested parties can take care of the dog, take care of the garden, collect fruit and vegetables, and cultivate flowers. In order to support and develop their relationships and social activity, the charges have the opportunity to participate in intergenerational meetings, team games and activities, handicraft activities or reading books and the press together. Culinary workshops are also organised with the use of local farm resources, also with the support of specialists (e.g. smoking sausages). In cooperation with the Circle of Rural Housewives, additional classes are also organised.

Care farm in Wysokie Brodno (Brodnica district)

Moderator: Piotr Pokojski

The farm is located in the Brodnica Lake District in the Protected Landscape Area of the Drwęca River Valley, directly on Lake Wysokie Brodno. The owner runs a business on the spot under the name of the Recreation and Conference Center, providing services for the local community and for tourists, both from the country and from abroad. Farm

For about 20 years it has been providing gastronomic and hotel services. During this time, adequate infrastructure was created in the centre to spend free time using the natural and landscape values that exist here. Since 2019, the farm has expanded the scope of its activities to include day care for a group of elderly people, organising their daily stay at the centre.

The farm provides 8-hour day care on working days, from 7:30 to 15:30 for a group of 5 residents. The care for the elderly during the day stay on the farm is provided by the caregiver with the help of a volunteer.

The charges of the farm are elderly people - seniors, permanently residing in the Brodnica district. The assistance is directed especially to elderly lonely people with health problems, which means that they are not fully independent and require care during their day stay on the farm.

Care takes into account individual preferences, people who value privacy and peace will find their place here. Also who likes to argue with each other, both at the table and during long walks. During their stay on the farm, the charges help with everyday activities on the farm and, due to their considerable life experience, provide good advice. Staying on the farm is a kind of relaxation, and contacts with other people staying in the centre allow them not to be socially alienated, which has a positive effect on their mental condition.

Farm offer

Classes on the farm are adapted both to the possibilities of the charges and the season. They are dependent on the aura. On warm, sunny days, the pupils go for walks combined with gymnastics and body stretching. The group can take part in spring activities in the garden, helping to plant flowers, mow the lawn and nurture the rest of the plants. On rainy days, classes consist of talking, reading books and newspapers, playing board games, solving tasks, etc. These classes use accessories for exercises and games. The group can also prepare their favourite dishes together. On warm and sunny days, the group can lie on the panoramic terrace.

Classes with a psychologist, during which individual and group conversations with the charges are conducted, are also important. The whole stay is conducive not only to maintaining, but also to the development of physical and mental fitness. Moreover, being in a group promotes social development.

Care farm in Mały Głęboćzek (Brodnica district)

Conducted by Monika and Piotr Szpara

Mały Głęboćzek is a charming village located in the Brzozie commune, in the Brodnica Lake District, covered by the Natura 2000 program, halfway from Brodnica to Nowe Miasto Lubawskie. It is a village with beautiful landscapes, situated on several lakes. The values of the village are complemented by nice people who run their farms, including agritourism farms.

The farm provides 8-hour day care on working days from 8 am to 4 pm for a group of 5 seniors. The care for the elderly during the day stay on the farm is provided by a nanny, with the help of a volunteer.

The farm is aimed at elderly and disabled people, including those in a wheelchair or on crutches. A beautifully decorated garden and places to relax give the opportunity to commune with nature.

Farm offer

Classes on the farm are tailored to a specific group of people staying in it. One of the basic assumptions of the farm is to counteract the social exclusion of seniors. All activities will be adapted to the physical and intellectual abilities of the pupils. Among them there will be culinary and handicraft classes, trips to the cinema or theatre, hiking in the area, swimming in the pool. At the same time, the charges will undergo zootherapy, as it has been proven that intercourse with animals supports numerous sensory functions.

The farm's offer includes, among others:

- joint trips to the cinema, theatre, school performances,
- common bonfires (sleigh rides in winter),
- exchange of regional recipes and joint preparation of dishes as part of cooking classes,
- taking care of the farm to the extent that allows it (including running a flower and vegetable garden, tree and shrub care, spring and autumn cleaning),
- implementation of home processing methods of vegetables, fruit and mushrooms,
- getting to know the "Little Homeland" or trips around the area,
- rest on the farm (swimming in the pool, sunbathing, outdoor picnics),
- visiting the village of the Rural Housewives in Mały Głęboćek,
- shared meals,
- optional classes for volunteers, incl. basic computer skills, learning foreign languages,
- handicraft - as a form of rehabilitation and spending free time,
- "Reading Discussion Club" - reading books and daily or trade press,
- talks on current threats, e.g. threats on the Internet, extorting money, looping through temporary loans,
- meetings with interesting guests invited by students (artists, travellers, enthusiasts),
- table games and games developing manual skills and maintaining psychomotor skills,
- daily physical activity in the fresh air (or exercise in the gym),
- lectures and discussions with representatives of the medical sector on health problems and prevention for the elderly,
- visiting other friendly farms.

Description of the target group who is addressed in the good practice example

The services of care farms run in the form of a day residence can be used by people over 60 years of age who require support due to:

- difficulties in everyday functioning resulting from the reduction of psychophysical efficiency,
- deterioration of health, affecting daily functioning or disability,
- deterioration of the financial situation,
- feeling of loneliness,
- difficulties in organising free time,
- withdrawing from social contacts
- problems in relations with the family, family difficulties in caring for a given person.

The experience of Western countries shows that the therapy carried out on farms may have a positive impact, among others on:

- seniors- people requiring care, therapy, rehabilitation, integration activities due to their age,
- people with disabilities- with various types of disability, e.g. related to mobility difficulties, intellectual deficits, etc.,
- mentally ill people,
- people struggling with addictions,
- people in need of social reintegration due to leaving the prison, long-term unemployment, children with special educational needs, also the so-called "difficult youth".

Steps and methodology

The project is carried out by the Kujawsko-Pomorski Agricultural Advisory Center in Minikowo as part of the Regional Operational Program of the Kujawsko-Pomorskie Voivodeship for 2014-2020.

Implementation period: September 2018 - August 2020.

As part of the project, care farms will be established in the Kujawsko-Pomorskie Voivodeship, providing day care for dependent people (they will provide 75 places in total). The carers and the volunteers supporting them will have the appropriate qualifications (a course for 25 people is provided as part of the project). They will be supported in the preparation and implementation of care activities by advisers, which will allow them to maintain the proper standard of services and expand and diversify the offer.

The functioning of the farms will start from February 2019 and will last until August 2020. The charges will be able to use them 5 days a week, 8 hours a day, in groups of 4-8 people, each for a period of 6 months (in total, care services). -activating agents will benefit 225 people). They will be provided with care, meals, an organised way of spending time, activities, moreover, being in a group will allow them to continue to participate in the life of the local community and establish and nurture new contacts. In addition to regular visits by a psychologist, if necessary, they will be provided with legal advice, as well as the opportunity to participate in trips, e.g. to the cinema, museum or other farm. A Senioriada - an interdisciplinary fitness and memory competition will also be organised.

Project value: PLN 3,822,583.76; Co-financing of the project from the EU: PLN 3,249,196.19

Recruitment based on the availability of funds and by completing the initial forms and conditions specified by KOPDR.

Recruitment has been divided into two stages.

1. In order to apply for the project, you only need to provide:
 - Attachment. No. 1
 - Application form
 - App. No. 2 - Certificate of dependence - original (or certificate of disability indicating the use of care services - in the form of a copy) - a document confirming compliance with the bonus criterion ("disability") - in the form of a copy (if applicable).
2. The second stage is signing the contract for the provision of care services (est. 3), preceded by the submission of other documents necessary for participation. The remaining documents should be submitted only after receiving the information about qualifying for the project.

Caring farms from the Tuchola district are addressed to the inhabitants of the voivodeship Kujawsko-Pomorskie, dependent people.

The origins of care farms can be traced back to the second half of the 19th century, when people with intellectual disabilities, and sometimes also with mobility, were sent to special care institutions located in villages and in closed areas near parks and forests on the outskirts of large cities. In the post-war period, the idea of caring farms first appeared in Europe in the mid-1990s. In 1998, there were less than 100 such farms in the Netherlands.

Caring farms fit into the so-called social agriculture. It is an alternative approach to agriculture based on the assumption that farm resources can be effectively used for other activities. Therefore, social farming can be understood as a combination of agricultural activity with social activity in four separate areas:

- re-education and therapeutic activities;
- integration through work and social inclusion;
- pedagogical activities;
- care services.

According to the concept developed by the CDR Team, a care farm can be defined as a form of support in the field of social care and integration for people and families in order to improve their functioning.

Services in the field of social care and integration are provided based on the farm's infrastructure and in conjunction with the agricultural activity. The facility where the care farm is organised should have farm animals or agricultural crops intended / possible to be used in agro therapy.

Depending on the formula, the farm may be run by a social economy entity or as part of economic activity. It includes care and integration activities tailored to the individual needs of the target group.

Recruitment in accordance with the requirements of the KPODR and the necessary documentation available on the website (forms). All the necessary equipment and activities are provided by farms, carers and volunteers.

The care farm provides care for a group of 4 to 8 people, 8 hours a day, 5 days a week.

The guardian provides care for a group of dependent people with the support of a volunteer. The farm staff is supported by counsellors and a psychologist in the performance of caring tasks. As part of the Project, the charge may use the care and activation services provided free of charge in the care farms, including participation in activities organised by the guardian and volunteer, on trips and meals (1 hot meal, access to drinks and small meals) for a maximum of half a year. year (for one week).

So far, the project has been implemented with EU funds in the years 2016-2020.

The charge coming to the farm should inform the guardian about the current health condition, to the extent that this may affect the care provided or the safety of himself, other charges and staff. In addition, he should have a valid ID card and constantly take medications.

The charge is obliged to inform the guardian about the times of taking the medications, as well as about any changes in this regard.

The ward is obliged to provide contact details to the person who should be informed in the event of an accident.

If there are contraindications to perform some activities related to staying on the Farm, the guardian should be informed about it before the start of classes.

In the event of a sudden deterioration in well-being or inability to participate in classes, the guardian should be notified immediately. The guardian should also be immediately informed about any events that may affect the health of the charges, including in particular falls, injuries and cuts.

The farm may refuse to admit the charge on a given day if his condition prevents him / her from participating in the classes, especially if he or she poses a threat to the health and safety of other members of the group.

The charges are obliged to comply with sanitary and fire regulations as well as cleanliness and the established order on the premises of the farm.

Due to fire safety and possible medical assistance, charges are required not to lock the door with a key. The use of heaters, irons, stoves, electric heaters, gas cylinders, incense sticks and other open fire sources indoors, without the consent of the guardian, is prohibited. Before leaving the rooms, turn off the taps, close the windows and turn off the lights.

There is an absolute ban on drinking alcohol, taking drugs and gambling on the premises of the Farm. Smoking is allowed only in designated areas, indicated by the guardian.

It is strictly forbidden to: move away from the group without the guardian's knowledge, remove equipment from the rooms.

The charges are financially responsible for the damage they cause to the inventory and equipment located on the farm.

Staying on the premises of the farm of third parties (guests) is allowed, but it requires the prior consent of the guardian.

The Service Provider is not responsible for valuables and money left on the premises of the Farm.

A ward who does not comply with the provisions of these Regulations, and in particular with respect to safety recommendations, or violates the regulations in a way that is harmful to health or burdensome to the environment, may be removed from the list of charges of the Farm.

The decision on removal from the list of charges is made by the project manager in consultation with the adviser for fostering farms and the group guardian or owner of the farm.

The charge has the right to submit his comments and complaints about improper care or service, nutrition, hygienic and sanitary condition, etc. to the project management staff or an adviser for care farms assigned to the relevant Farm.

Sources for further information about this good practice

Detailed information about the project and contact information on the functioning, recruitment to farms, carers and volunteers are available on the website of the KPODR: www.opieka.kpodr.pl

This project/ ICT tool, workshop, event, learning material addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices at home.

Objectives

- sports competition (mental),
- social and cultural integration,
- sports activation of seniors.

Description of the project/ ICT Tool-Media/ seminar/workshop/event/learning material/etc.

"Bridge is back like James Bond. As exciting as it used to be, though slightly changed. As addictive as ever. "Mind training by learning and practising bridge for seniors throughout Poland. There are 304 centres participating in the program.

The growing average life expectancy, and thus the "aging" society, generates new problems. One of them is low activity in the group of people over 60. Both physical and mental activity. In smaller agglomerations, it is difficult to get people from this age group in front of the TV, mainly because there is no offer to spend their free time.

While the effects of low physical activity are well known, little is said about the negative effects of a lack of social contact and regular mind training, and even less is being done to change it.

The results of the research published in 2010 (J. Holt-Lunstad, TBSmith, J. Bradley Layton) indicate that the lack of social contacts (isolation from groups, loneliness) is a factor that increases mortality much greater than overweight, heart disease or alcohol abuse or cardiological ailments.

Much attention has been paid recently to the growing threat of dementia, especially Alzheimer's disease, as stated in the Communication of the Commission of the European Communities to the European Parliament and the Council of Europe and the Regulation of the European Parliament and of the Council of Europe of November 9, 2011 establishing the third multi-annual pro-health program for the years 2014-2020.

It is estimated that the incidence of this disease and other types of dementia may increase several times in the near future due to the "aging" of the population.

The European Union program "Health for economic growth" explicitly (Objective 3) speaks of pro-health prevention, for which EUR 446 million is planned for the coming years.

Presented by Mr. Marek Małysa Bridge +60 is in line with the strategy promoted and implemented by the European Union Life Long Learning and Active Aging. It can play an important role in the prevention of aging and diseases related to late adulthood (senior age), including Alzheimer's disease. Many literature sources indicate the high preventive effectiveness of programs activating seniors. I consider it unnecessary to quote the results of the research, because they are available on the Internet, but as a specialist in the field of physiology, health pedagogy, sports pedagogy, and lifelong education, I will try to explain from a scientific point of view the legitimacy and sense of Mr. Marek Małysa's project.

Aging is a biological process, therefore it should rather be referred to as bioaging, while the scope of these changes is always a result of biological, psychological and socio-cultural factors. This means that physical and mental activity can slow down the bioaging process. However, psychophysical and social activation in late adulthood does not run smoothly, which is "grounded" in biological changes. The featured Bridge 60+ program fully meets all four necessary conditions for anti-aging programs (challenge; cooperation; personal goals; play). Seniors participating in the Bridge 60+ program will undertake tasks guided by their own wishes and interests (condition 3). As you participate in the program, challenges will become increasingly difficult (condition 1). Struggling with increasingly difficult challenges and increasing bridge skills will be a source of rich, valuable and pleasant emotional experiences (condition 4). The challenges will be undertaken in cooperation with the bridge partner (s), participation in tournaments will enable the establishment of additional relationships that will certainly transfer to other fields of life (condition 2) (opinion of Piotr Błajet, PhD hab. prof. UMK).

Supporting organisations:

- Polish Sports Bridge Association
- Association of Polish Poviats
- Ministry of Labor and Social Policy
- Federation of Associations of Third Age Universities
- PZU Foundation
- Vitalis Talar

In addition, the program was endorsed by:

- Tomasz Latos, MP- Chairman of the Parliamentary Health Committee
- Senator Leszek Czarnoba

Description of the target group who is addressed in the good practice example

Classes aimed at people over 60, both playing and those who have never had the opportunity to learn to play bridge

Steps and methodology

The program is based on four necessary conditions for the effectiveness of anti-aging programs:

1. Challenges

Man develops by taking up challenges. The attitude to taking up challenges is not reserved only for young age, examples show that struggling with difficulties, risk elements, making attempts beyond the current possibilities has its sense and justification also in the senior age

2. Cooperation

Depressive states, anxiety and hostility that may occur in the elderly age are not conducive to establishing relationships, and isolation is a factor that increases the state of depression. Getting out of this circle is not easy. Cooperation in solving various tasks is an opportunity to break the closed circle of depression - isolation. Cooperation makes it possible to obtain support also in other life problems. In this way, it neutralises the effect of the stress hormone - cortisol, shortening the duration of stress, and it must be remembered that long-term stress contributes to lowering immunity, while short-term stress can strengthen vitality.

3. Personal goals

In their activity, seniors should be guided by the principle of rational egoism, according to which it is always rational to strive for your own greatest good (which is moral and virtuous), and other behaviour is not right.

4. Fun

Joy, pleasure is not reserved for youth. Play allows you to experience pleasant states, and it can be an antidote to the so-called "Grumpy old man syndrome" resulting from the action of the "hellish mixture": declining serotonin levels and rising cortisol levels in the elderly (this 4-component anti-aging concept correlates with Martin Seligman's concept of five pillars of well-being: these pillars are positive emotions, absorption, positive relationships, achievements, meaning).

All materials and equipment are provided by the organisers and centres participating in the project. In addition, the program has published books for learning entitled "I want to play bridge better" and scientific conferences with publications on bridge were organised.

The program has been in operation since 2015. Classes are held in strictly defined places and times specified by individual centres participating in the project.

Almost all year round (excluding winter and pandemic periods).







BRYDŻ DLA SENIORÓW
Spotkania towarzyskie i trening umysłu
przy brydżowym stoliku

Jeśli nigdy nie grałeś w brydża - nauczymy Cię!
Jeśli grałeś - znajdziesz u nas partnerów!

**DOŁĄCZ DO NAS!
SPĘDŹ MIŁO CZAS!**

www.bridge60plus.eu

Photo 4. Flyer of bridge meetings for seniors as part of the “Bridge for Seniors” classes in Poland. Source: <https://bridge60plus.eu/linki/>

Sources for further information about this good practice

Application of the organising institution via the program website and filling in the form: <https://bridge60plus.eu/zglos-sie/>

Registration of individuals (seniors) directly at a selected facility from the list on the website: <https://bridge60plus.eu/osrodki-programu/>

This event addresses:

- Raising awareness about the benefits of sports,

Objectives

- Encourage joint activities between younger people and the elderly,
- Inspire the elderly to be active in their everyday lives,
- Try various activities in order to continue them afterwards in their own groups or individually.

Reasons for the choice of good practice

- It is a nation-wide recreational project organised every year since 2007 which gains more and more popularity every year
- It promotes intergenerational solidarity all over Poland
- It promotes health-enhanced, social and educational values of sport among the elderly and their families

Description of the event

SENIORADA is an annual project organised in six communes in Poland. It has been implemented since 2007 by the ESPAR 50+ in cooperation with students of Higher Education Schools: Opole University of Technology, University of Rzeszów, Józef Piłsudski University of Physical Education in Warsaw and Gdansk University of Physical Education and Sport. The project is co-financed by the Ministry of Sport and Tourism as well as the funds from the local government entities and partners: media and business.

The idea behind the project is to engage the younger generation to organise activities for the older generation. The aim of Seniorada is not only to encourage joint activities between younger people and the elderly but also to inspire groups (seniors, families) to spend their free time actively. The Seniorada's mission is to be active together: both younger with older, older with the oldest, older with older.

During the Seniorada, seniors can try various forms of activity (Photo 5), you can admire their peers presenting their skills on stage (Photo 6). This is very motivating for older people. Thanks to the Seniorada, seniors discover new passions, return to their long-abandoned dreams, and open up to new acquaintances and activities.



Photo 5. The elderly participating in Seniorada 2016

Source: ESPAR 50+

The Seniorada program is coherent for all communes and is always organised within the scope of 5 areas / zones. The basis of the program is physical activity, recreation conducted in the form of great fun. However, specific activities within the zones / areas are different each year. The examples are provided for 2019.

1. Stage zone (intergenerational competitions, record breaking in mass warm-up, shows prepared by different senior groups, animation, contest for the most active Miss and Mister Seniorada)
2. Health zone (medical consultations, safety program) - created to provide seniors with information about their physical and psychological health. Every person can do the tests, talk to experts.
3. Recreation area (Nordic walking competition, recreational games with prizes for participants - boccia, Finnish bowling, gymnastics) - prepared to give others some ideas of how to be active together (competitions, recreational games, gymnastics trainings)
4. Integration zone (an open-air dance party with DJ Wit)
5. Chill area - the area to talk to others and rest.



Photo 6. One of the performances during Seniorada 2017
Source: ESPAR 50+

In 2020, due to the pandemic, the program and place of the Seniorada were modified. A decision was made to build a square on the Bielański housing estate, which allowed seniors to participate in the party from their balconies (Photo 7). Outdoor recreational workshops were organised (samba, yoga, gymnastics, oriental dance). Additionally, a local group of music academy students was involved, who played and sang music from the pre-war years.



*Photo 7. Seniorada in 2021 during COVID-19 pandemic
Source: ESPAR 50+*

Description of the target group who is addressed in the good practice example

Seniors, Families, seniors' groups over 50 years old from Senior Clubs, Daily Residence Homes, Third Century Universities from different cities. Since 2007 12,420 seniors have participated in the event so far, 500 seniors annually. Seniorada is an open event for everybody. There are no selection criteria as it aims at promoting and inspiring seniors to be active together.

Steps and methodology

Seniorada is an open event for everybody aged 50+. The program of the event is prepared for seniors. The invitation is also targeted at families. However, there are no

special attractions for children. They can play, do gymnastics, dance, and do many other activities prepared especially for seniors. In this way seniors are real participants of Seniorada, not only grandparents looking after the children. In this way the children can see the energy of their grandparents and smiles and get to know more about some recreational games for seniors.

During the event the organiser tries to motivate people to benefit from the program. To achieve the goal they established the competition: the most active senior man and woman of Seniorada. To get the title every senior should take the card and collect stamps from different programs' parts.

On the stage every senior group can show the performance, animation for others. This is a great goal for these groups during the whole year. They train the whole year to perform their program during Seniorada.

Every year different groups of students in cooperation with the ESPAR 50+ prepare the materials of how to do gymnastics at home.

Seniors do not need any additional equipment. The organiser only requires their own sports clothes. The rest of the equipment needed is provided by ESPAR 50+ depending on the program of the current year.

The program is also for people with disabilities. There are toilets and entrances for people with special needs. All safety rules are written in the regulation of the event. There are also emergency medical points available.

Sources for further information about this good practice

Presentation of the project - <http://www.espar-50.org/> (access date: 09/06/2021)

Presentation of Seniorada on YT- <https://www.youtube.com/watch?v=h1SEm-KRlbo> (access date: 09/06/2021)

Seniorada's funpage on FB - <https://www.facebook.com/pg/Seniorada/posts> (access date: access date: 09/06/2021)

This project/remote workshop addresses:

- Developing the individual sports practices at home.

Objectives

- Motivate seniors to be physically active in isolation at home during COVID-19 pandemic,
- Overcome isolation and loneliness during social distancing.

Reasons for the choice of good practice

- Extraordinary way to activate seniors in the time of isolation during COVID-19 pandemic,
- Extraordinary way to activate seniors in the time of enhanced sedentary behavior due to COVID-19 pandemic.

Description of the project/ remote workshop

In the "Catch the Day" project, ESPAR 50+ focused on several proven pillars of supporting activity. The leitmotif was the need to stay active anyway! Various educational forms were used to encourage seniors from Mazovia to be active, take care of their physical and mental fitness through the proper use of every moment of the day.

The action received the accreditation of the Polish Psychiatric Association as a good practice counteracting the effects of the pandemic and the recommendation of the Rzeszów Council of Seniors.

The idea turned out to be very attractive to seniors and met with great interest. It relied on an orderly - through planning - daily schedule called "Catch the day". A graphic design of such a template / calendar has been prepared (Photo 8), in which you can save the planned activities with symbols. Each symbol represents 10 minutes of a given physical activity: aerobic, strengthening, improving your balance and flexibility. He was called a planner. And already in March 2020, it was possible to print the ESPAR50 + ready planner from Facebook for free. Having a written action plan makes it much easier to mobilise yourself to implement it.

In addition, ESPAR 50+ instructors set off with their creativity in the virtual space and recorded 45 videos with the morning start-up (an example FB is attached), learning to dance, learning English. Every day at eight o'clock the instructors mobilised seniors by displaying a video on social media (FB) and on the organisation's website (www.espar-50.org). In a word, accompanying in catching the day from the very morning. Videos from the first edition of the project are still available on the YouTube website on the ESPAR 50+ channel and you can still refer to them. In this way, from the local program I Catch the Day has become a much wider program!

Planer na Czerwiec 2021

Poniedziałek	Wtorek	Środa	Czwartek	Piątek	Sobota	Niedziela
	01 ++ ++ ++	02 ☀️☀️☀️☀️☀️☀️☀️☀️	03 △△△ △△△	04 PRACA NA DZIAŁCE	05 PRACA NA DZIAŁCE	06 ☀️☀️☀️☀️☀️☀️☀️
07 ☀️☀️☀️☀️☀️☀️☀️	08 ++ ++ ++ ++	09 NYCIECZKA	10 NYCIECZKA	11 NYCIECZKA	12 NYCIECZKA	13 NYCIECZKA
14 ☀️☀️☀️☀️☀️☀️☀️	15 △△△ △	16 ☀️☀️☀️☀️☀️☀️☀️	17 ++ ++ ++ ++	18 △△△ △△△	19 PRACA NA DZIAŁCE	20 ☀️☀️☀️☀️☀️☀️☀️
21 ☀️☀️☀️☀️☀️☀️☀️	22 ++++ △△△	23 ☀️☀️☀️☀️☀️☀️☀️	24 △△△ ++ +++	25 ++ ++ ++ ++	26 PRACA NA DZIAŁCE	27 ☀️☀️☀️☀️☀️☀️☀️
28 ☀️☀️☀️☀️☀️☀️☀️	29 △△△ △△△	30 ☀️☀️☀️☀️☀️☀️☀️				



Łapie Dzień

Jak korzystać z planera? Wydrukuj kartę, weź pisak i zaplanuj czas wpisując symbol z legendy w dane okienko planera, wykonaj plan, a na koniec miesiąca

Mam na imię **Ewa**, 3x

pochodzę z Wrocławia i jestem emerytką. Mają ulubioną aktywnością są podróże. Staram się każdą chwilę spędzać aktywnie. Dzisiaj chcę zaprosić Was do ćwiczeń z pomarańczami. Rozciągajcie ze mną? W czerwcu planuję popracować nad wzmocnieniem się. Będę ćwiczyć 3x w tygodniu po 20 minut.

Możecie nauczyć się żonglować z tutorialiem na YouTube na kanale: Redakcja ESPAR 50+

Legenda: Minimum 150-300 minut tygodniowo aktywności o średniej intensywności (WHO 2020)

- Spacer, taniec, jazda na rowerze, pływanie, Nordic Walking (aktywność aerobowa) 10 minut
- Siłownia plenerowa, gimnastyka wzmacniająca (aktywność wzmacniająca) 10 minut
- Joga, ćwiczenia równoważne (aktywność poprawiająca równowagę i gibkość) 10 minut



Photo 8. An example of a completed planner
Source: ESPAR 50+

During the next exacerbations of the pandemic in 2021, ESPAR50 + carried out the second edition of the Catch the day campaign, which proposed an annual planner divided into individual months - from February 2021 to January 2022. It can be hung on the wall to remind you of what we have planned every day. We enter the same symbols as in the first edition of the project I'm catching the day.

To activate the silver generation to go beyond the daily routine, ESPAR50 + showed its 50+ volunteers in action. Their task is to encourage peers - through their own example - to plan activities and implement the plan. The heroines - volunteers and volunteers under their photo describe their favourite activities (Photo 9), explain how to fill out the ESPAR50 + monthly plan printed for free from the website and FB ESPAR50+ monthly plan with symbols graphic. At the end of the month, they count the minutes of their own activity. According to the guidelines of the World Health Organization (WHO), everyone should spend at least 300 minutes a week on physical activity, which includes it will also improve the mental fitness of the exercising person.



Photo 9. Volunteer taking part in the I'm catching the day
Source: ESPAR 50+

The planner educates the 50+ group in a very nice way. It emphasises the importance of minutes, which when used well, that is, actively, will reward us with well-being, improved condition, and therefore a better life, after all!

Each month, a different person guides you in catching the day. Thus, every month various forms of activity are presented, because each of the volunteers likes different forms of exercise. Each of them tries to present the activity as great fun without the need for expensive equipment, but with the use of everyday objects, such as a brush for sweeping on a stick, tights or rice.

Each planner card (Photo 8) is published on the FB profile (ESPAR 50+), from where it can be downloaded and printed free of charge. Each first day of the month, new printable planner cards are published.

Description of the target group who is addressed in the good practice example

“Catch the day” is a project dedicated to seniors of various fitness, independence and age.

We can talk about three groups of recipients of shares:

1. Seniors - Internet users - people 50+. Profile: active, seeking activities that are best for them
2. Seniors - people 60+, charges of Senior Clubs, Daily Residence Centers from various parts of Poland (urban and rural communes). Collaboration with branch employees. Profile: seniors with varying degrees of fitness, but on the move; willingly using the daily programs of institutions.
3. Seniors - people 65+, depending on the facility, people with a very different level of fitness, independence (psychophysical condition), residents of Nursing Homes (Warsaw, Rzeszów)

So far, about 15,000 elderly people have benefited from the action.

Steps and methodology

The campaign methodology is based on the WHO recommendation from 2020, referring to the guidelines for the duration of activity on a weekly basis (including 150-300 minutes of activity with an average intensity per week). The form of the campaign was adjusted to the 3 groups of recipients to their psychophysical efficiency.

Internet users independently print and download a planner card for a given month to start planning and implementing plans on a monthly basis. Each month, they get to know the profile of the new volunteer of the heroine of the month, who presents exercises with a given everyday object to inspire them to be active. At the same time, it motivates senior Internet users to plan by sharing their planners and implementation on FB.

Seniors from group II receive a planner card (modified graphics for a less able-bodied seniors) along with instructional materials for independent use in the Senior Club and the Day Stay House. ESPAR 50+ prepares graphics according to the needs, dedicating the materials of a given facility, supplementing with the content current for a given place, e.g. information about the offer available in the facility with assigned symbols from the planner, or photos with the participation of seniors from a given place.

Seniors from group III - receive materials in the form developed with a given institution - colours, differences in tasks (drawing activities for the less able-bodied,

supplementing activities for the more agile, day planners for people with Alzheimer's disease or memory problems). Based on meetings with institutions, ESPAR 50+ prepares materials that are distributed and implemented by employees in the branches.

In the case of the 2nd and 3rd group, ESPAR 50+ also organises meetings with seniors themselves to encourage them to participate in the campaign. In the case of group 2nd and 3rd group, in order to motivate people, the organisation, together with employees, organises competitions for the number of active minutes, etc.

The campaign uses materials for printing prepared and edited in cooperation with institutions. The materials used in the action are everyday objects: exercises with pantyhose, rice, flour to avoid excuses about taking up activity by seniors at home during and after the pandemic.

The action is ESPAR 50+'s response to the COVID 19 pandemic. It was launched in March 2020 and continues.

Elderly people are encouraged to be physically active based on exercise instructions in the form of printed materials and by referring to videos on the Internet. At the same time, each prepared material is developed and consulted with a given facility, which knows the psychophysical capabilities of its charges.

Sources for further information about this good practice

Presentation of the project <http://www.espar-50.org/> (access date: 09/06/2021)

Presentation of the planer <https://www.facebook.com/espar50/videos/planer-%C5%82api%C4%99-dzie%C5%84/254183483051449/> (access date: 09/06/2021)

Example of I'm catching a day campaign on FB
https://www.youtube.com/watch?v=0Z1i7e-Yjws&list=PLFVqOHApwE2T_8MaVldQt6CWwBybbAjXx&index= (access date: 09/06/2021)

This project addresses:

- Developing outdoor sports practices, also by combining the enhancement of the territory.

Objectives

- Introduce people 60+ to regular use of outdoor gyms intended for public use,
- Familiarise them with the principles of taking up activities in outdoor gyms, selecting exercises and intensity to suit individual needs.

Reasons for the choice of good practice

- Overcoming the huge barrier of using the gym by the elderly due to the lack of skills and knowledge of how to use them,
- It motivates seniors to be physically active outdoors in urban and rural spaces,
- It integrates people from the neighbourhood.

Description of the project

In Poland, local governments are increasingly building open-air gyms open to the public for all residents. Equipment included in the gym allows you to safely and rationally activate and strengthen each muscle part, improve immunity and physical condition. A wide range of devices available at the gym allows you to adjust the exercises to the needs and capabilities of the exerciser.

In practice, however, the gym is rarely used by the elderly. This is most often due to the lack of knowledge on how to use the devices, but also a lack of courage.

Using objects can bring a number of health benefits, but you should always remember that it can also be a health hazard, as long as you lack the knowledge and skills to use outdoor gym machines.

Therefore, ESPAR 50+ initiated the project Friendly outdoor gyms. It was important to encourage older adults over 60 to use outdoor gym equipment.

The project was implemented as a pilot in 2018 in 9 locations in Poland, the following year it was organised in 10 locations in Poland: Józefów, Tarczyn, Koźnice, Warsaw, Opole (Photo 10, 11), Wrocław, Gdańsk, Niemodlin, Kiszków, Rzeszów. The project was co-financed by the Ministry of Sport and Tourism.



Photo 10. Project implementation Friendly outdoor gyms in Opole in 2018.
Source: <https://radio.opole.pl/102,275799,projekt-przymznych-silownia-plenerowych-wraca-do> (author: Katarzyna Doros)



Photo 11. Sample training during the project Friendly outdoor gyms
Source: ESPAR 50+

Description of the target group who is addressed in the good practice example

The project is open to residents of individual locations - people aged 60. So far, 1,745 elderly people have benefited from the project. About 700 people use the project annually.

Steps and methodology

In each of the places where the project was carried out, 10 meetings were held. During the meetings, each participant was individually instructed by the leaders. The way of performing exercises was corrected, and it was shown how to use particular devices. There is always a warm-up before the start of classes. In the main part, training on devices. Finally, stretching. Before the beginning and at the end of the cycle of classes with the instructor, physical fitness measurements are carried out in which the effectiveness of the project is assessed. It is also a great form of feedback for participants.

There was also an open day at the outdoor gym on the occasion of the International Day of Older People. Before and after the project, participants performed fitness tests that confirmed the effectiveness of the project.

Program was enriched with a lecture on the role of physical activity outdoors in human life. In addition, ESPAR 50+ has prepared a series of 4 instructional videos presenting the technique of performing exercises on an elliptical cross trainer, a football press, a squeezer, and a runner (links attached).

Each participant takes fitness measurements before and after the program.

The program includes: 10 training sessions with an instructor, 10 training sessions without an instructor (the group meets in the gym by itself). Each participant receives an activity calendar, in which he describes his activities, including those at the outdoor gym. Through this structure, individuals learn to be self-reliant and self-confident when it comes to exercising and using objects.

The project lasts 10 weeks. Classes last 60 minutes at a time. They are usually organised in spring April-June or autumn September-November.

Sources for further information about this good practice

Project presentation <http://www.espar-50.org/> (access date: 09/06/2021)

YT instructional videos:

Friendly outdoor gyms - football press

https://www.youtube.com/watch?v=eV4ILQnU1Cs&list=PLFVqOHApwE2Rw_CSxJP6tBoLtauKYkKmB (access date: 09/06/2021)

Friendly outdoor gyms - a squeezer https://www.youtube.com/watch?v=KqH-SBkFKFQ&list=PLFVqOHApwE2Rw_CSxJP6tBoLtauKYkKmB&index=4 (access date: 09/06/2021)

Friendly outdoor gyms - cross trainer

https://www.youtube.com/watch?v=DgADeIs1Lvc&list=PLFVqOHApwE2Rw_CSxJP6tBoLtauKYkKmB&index=5 (access date: 09/06/2021)

Friendly outdoor gyms – runner

https://www.youtube.com/watch?v=87ORYawOSGc&list=PLFVqOHApwE2Rw_CSxJP6tBoLtauKYkKmB&index=6 (access date: 09/06/2021)

Volunteers for start by ESPAR 50+ (Europejskie Stowarzyszenie Aktywności Ruchowej 50+; eng. European +50 Physical Activity Promotion Association)

This project addresses:

- Developing sport and physical activities by combining sport and social tourism.

Objectives

- Promotion of various forms of outdoor activity of seniors,
- Discovering and getting to know places from your surroundings

Reasons for the choice of good practice

The project shows how to promote activity among the elderly and encourage the use of outdoor activities.

Description of the project/ ICT Tool-Media/ seminar/workshop/event/learning material/etc.

As part of the ESPAR 50+ program, it encourages seniors to be active outdoors, to move around and get to know the local environment. The project is implemented in cooperation with 50+ volunteers who know their local environment (nearby interesting places to visit) and the needs of seniors (neighbours, friends, families). Volunteers together with the ESPAR 50+ team prepare an activity program:

- outdoor game,
- bike ride,

- Nordic Walking rally (Photo 12),
- orienteering (Photo 13).



*Photo 12. Nordic walking rally during the Volunteers to start program
Source: ESPAR 50+*



*Photo 13. Orientation march during the Volunteers for start program
Source: ESPAR 50+*

In addition, seniors develop routes - these are routes marked out on paths known to them, thanks to which they exchange experiences. They encourage and invite other seniors from their location to participate.

Project implemented in 2020 at 11 locations. In each of them, the volunteers organised 4 recreational events together with the ESPAR 50+ team. As part of the project, at the end of the meeting, a meeting of all volunteers was organised, during which they shared their experiences and observations and could find inspiration for activities in their locations.

The project was co-financed by the Ministry of Culture, National Heritage and Sports.

Description of the target group who is addressed in the good practice example

Inhabitants of individual locations, people aged 50+. 660 people participated in 11 locations.

Steps and methodology

The project involved cooperation with volunteers. The aim of the action was to select the most popular and liked forms of outdoor activity among seniors in a given location. At the same time, participation in the project gave the opportunity to get to know your area, whether during Nordic Walking rallies, bicycle rallies, walking with a map or orienteering games. Each form is an opportunity to visit the area, get to know different routes (walking, cycling) - the tourist and sightseeing aspect.

The project methodology focused on cooperation with volunteers through:

- organising meetings of local ESPAR 50+ coordinators with volunteers in given locations,
- learning about the needs of local seniors,
- building a calendar of trips with the program,
- implementation.

As a result of the project, each participant in a group of their peers got to know the area in different ways.

Sources for further information about this good practice

Project presentation <http://www.espar-50.org/> (access date: 11/06/2021)

PRO 50+ Movement Recreation Program by ESPAR 50+ (Europejskie Stowarzyszenie Aktywności Ruchowej 50+; eng. European +50 Physical Activity Promotion Association)

This project addresses:

- Developing the volunteering of seniors for the promotion of physical activities.

Objectives

- Encourage the physical activity of seniors in local communities,
- Integrate local communities through sports activities.

Reasons for the choice of good practice

The project perfectly shows how the stimulus in the form of a recreational activity program can translate into an increase in social activity among seniors.

Description of the project

ESPAR 50+ organises regular health-promoting Physical Recreation Programmes nationwide, addressed to people aged over 50. There are three sub programmes within this scope:

- PRO Woman (for women aged 45 - 60),
- PRO Men (for men 45 - 60 years old) and
- PRO Senior 60+ (for people over 60).

This formula allowed for flexible adaptation of classes to the physical abilities of all interested parties. Each of the programs includes as many as 24 hours of classes in at least two forms of movement. As a result of each program, activity leaders of each group are selected who, after the end of the program, continue the assumptions of the project. It is a nationwide project, implemented thanks to a grant from the Ministry of Sport and Tourism, Rzeszów City Hall, and the Integration Center for Sport and Recreation in Józefów.

An example of the implementation of the Pro Women 50+ project in Józefów

In Józefów, ESPAR 50+ organises gymnastics in the gym, gymnastics in water (Photo 14) and Nordic Walking as part of PRO Woman. After the program, the leaders, in cooperation with us, established a section for oriental dance, Brazilian samba, table tennis, and crossminton, and also took part in activities for the benefit of the local community.



Photo 14. Implementation of the PRO Woman 50+ in Józefów program
Source: ESPAR 50+

After the first edition of the PRO 50+ project in Józefów, a group of female leaders was established. The participants continued their contacts and founded the Women's Prot 50+ club in Józefów. The Municipal Cultural Center kindly welcomed the ladies and made them a place for social meetings once a week. More people from subsequent editions joined the club. More and more women 50+ from Józefów, who had heard about interesting meetings and activities of Pro Women, joined the club's activities and work. After several years of activity, the ladies' club can pride itself on the fact that it still exists, although due to the pandemic it has moved to social media (news, information, photos, chats). Thanks to the Pro Woman 50+ program in Józefów, the participants of the program set up an oriental dance group that performs at senior meetings, in nursing homes, during local celebrations for seniors and residents. The participants of the program won medals in women's doubles and the title of runners-up in the International Polish Crossminton Championships 2019. Still other Pro 50+ women started practising yoga in a group under the guidance of one of our participants. There were joint trips, contributory birthdays, and celebrated holidays together in the shared house of one of my friends. Every year, the Pro Women's 50+ Club prepares beautiful plastic products and tasty preserves for the charity fair Gwiazdobranie and Ganie in Józefów. One of the participants started a blog about the program and constantly updates the content. Still other Pro 50+ women started to practise yoga in groups under the guidance of one of our participants. There were joint trips, contributory birthdays, and celebrated holidays together in the shared house of one of my friends. Every year, the Pro Women's 50+ Club prepares beautiful plastic products

and tasty preserves for the charity fair Gwiazdobranie and Ganie in Józefów. One of the participants started a blog about the program and constantly updates the content <https://kobietapro50plus.wordpress.com/>

Description of the target group who is addressed in the good practice example

- PRO Woman 50+ - women living in particular locations aged 45-60
- PRO Men 50+ - male inhabitants of particular locations aged 45-60
- PRO Senior - women and men, inhabitants of particular locations aged 60+

People with no medical contraindications to participate in the activity program. Since the beginning of the project, 2,500 people have participated in it. 200 people take part in the program annually.

The participants are people who are active, those who stopped their activity at some stage in their lives, or those who were never active. The main reasons why people apply to the program are:

- improving physical fitness,
- improved well-being,
- social integration.

Steps and methodology

The methodology assumes participation in at least two forms of traffic depending on the possibilities of a given location. Usually these are three forms of movement. Thanks to this, women have the opportunity to try different forms to decide and continue them after the end of the program. Before and after the program, measurements of physical fitness (The Fullerton Fitness Test) are performed to assess the effectiveness of the programs and to give feedback to participants about their physical fitness.

During the program, activity leaders are selected who care for integration and are in contact with the entire group. After the end of the program, with the support of organisations, they implement various initiatives for the environment. Women go to the program because they choose themselves and after the program they get involved in favour of their peers.

Steps:

1. Recruitment to the program
2. Measurements of physical fitness (before the program)
3. Implementation of the program of 24 hours of classes in at least two forms of movement.
4. Measurements of physical fitness (after the program)
5. An event for the benefit of the local community
6. Continuation in cooperation with activity leaders (after the program) - result

The project includes 24 hours of physical activities in at least two forms of movement. The programs are implemented in two editions: spring (April - June) and autumn (September - November).

Sources for further information about this good practice

Project presentation <http://www.espar-50.org/> (access date: 09/06/2021)

Funpage on Facebook <https://www.facebook.com/Kobieta-Pro50-J%C3%B3zef%C3%B3w-1137884669622367/> (access date: 09/06/2021)

Blog written about the project by one of the female volunteer <https://kobietapro50plus.wordpress.com/> (access date: 09/06/2021)

4.3. Portugal

Play the traditional game “ A malha” by CIMAC

This event addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices in the home,
- Developing outdoor sports practices, also by combining the enhancement of the territory,
- Developing sport and physical activities by combining sport and social tourism

Objectives

- Promote active aging,
- Promote healthy competition,
- Publicise traditional games,
- Promote intergenerational competitions,
- Combat the typical isolation of the senior population, promoting conviviality, inclusion and improvement of health and quality of life through sports.

Reasons for the choice of good practice

- Cheap activity,
- Allowed to play together men and women,
- Easy to apply,
- Intergenerational.

Description of the event

“A malha” is one of the most popular traditional games in Portugal. Despite this, it is a game that has aroused less and less interest in younger generations, also suffering competition from new technologies.

It can be played individually or in pairs, and is suitable for all ages over 8 years. Obviously whenever they play minors should be played with adult supervision.

Its popularity allows to join in mesh tournaments hundreds of people, of all ages and genres allowing exchange of experiences. The event in question was attended by 500 people, mostly senior



Photo 15. "A Malha" Game
Source: Universidade Sénior de Évora.

Description of the target group who is addressed in the good practice example

People over the age of 8 years old. In this case we are talking about 500 participants, mostly seniors. However the targets are all ages, and it is very normal to see teams between grandparents and grandchildren. There is no crucial aspect to select participants, all are welcome.

Steps and methodology

After choosing the date and place of the event, a team-raising campaign was created on social networks and in the associations/institutions of the region. A form was made available for the registration of the teams where the tournament regulations were also included. After the registration was scheduled, on the day of the tournament the first hour was to remember basic rules and make the pairing draw of the teams. In the end prizes offered by the sponsors were distributed.

For such an event to be considered successful it must have many participants. a campaign to raise teams on social networks, but also door-to-door through accredited institutions is a good method to get participants. In the case in question it was

organised by the various municipalities of the Évora region, but can also be organised by private individuals. In the latter case, it is always a good idea to involve municipal entities.

The rules of the tournament must be clear and concise. Schedules must be respected so as not to delay games too much. Depending on the available space should run, always with the safety rules first, as many games as possible at the same time.

Because it is a cheap activity, which requires little material, and even this little material is cheap, it can gather dozens of people. Usually the organisation provides a convivial lunch to the participants, whose cost is included in the registration. During this lunch and in the interval of the games the teams coexist and exchange experiences.

The game consists of throwing a disc "a malha" and trying to knock down the opponent's pin. For a match requires only two "meshes" and two pins, since the players are on opposite sides and shoot at the turn.

The game ends when a team makes Thirty points and on average lasts fifteen minutes. The total duration of the tournament depends on the number of teams registered.

Sources for further information about this good practice

<https://tvi24.iol.pt/videos/sociedade/torneio-de-malha-leva-500-participantes-a-evora/5b9e4fe30cf267716b569924>

<https://www.tribunaalentejo.pt/artigos/jogo-ancestral-da-malha-volta-evora>

<https://www.cimac.pt/jogo-da-malha-reuniu-cerca-de-400-participantes-em-evora/>

Walk for health, culture and environment

This event addresses:

- Raising awareness about the benefits of sports,
- Developing outdoor sports practices, also by combining the enhancement of the territory.

Objectives

- Provide training to adults and seniors to become facilitators of sport activities outdoor for adults and seniors,

- Create a network of volunteers for sport,
- Develop a cultural and environmental awareness,
- Provide outdoor activities to seniors.

Reasons for the choice of good practice

- A very participated activity by the elderly,
- Includes three themes: sport, heritage and fauna and flora,
- Provides sociability between the elderly and youth.

Description of the event

Évora is an ancient city, with more than 2000 years old history. Romans who provided them with an aqueduct founded it. That aqueduct was destroyed, but in the 16th century John III, King of Portugal decided to rebuild it. It's one of the most famous and beloved monuments of Évora heritage.

USE regularly organises it. It's a very simple activity. We invited a historian and a biologist to walk with our elderly. The goal is very simple: we travel the 16 kilometres of the aqueduct of Évora of the sixteenth century, and along the way the historian talks about historical things and heritage, and the biologist talks about the different fauna and flora around this path.

At the finish line we made lunch.

Activity is limited to 30 elderly. The reason for this is because it is easier for the historian and biologist to explain to a more limited number of people. Of course, an elderly person who has participated in a path can only participate again when there is a vacancy.

At the same time, there is always a support vehicle ready to help if necessary, to explain, if an elderly person can not finish all the way can finish it in the support vehicle.

The activity lasts 7/8 hours, including lunch.

Description of the target group who is addressed in the good practice example

The elderly people, 30 people for each activity, plus 55 years. No special crucial aspect to select the participants.

This event addresses:

- Raising awareness about the benefits of sports,
- Developing sport and physical activities by combining sport and social tourism.

Objectives

- Promote active aging,
- Promote healthy competition,
- Want to develop a taste for football,
- Combat the typical isolation of the senior population, promoting conviviality, inclusion and improvement of health and quality of life through sports.

Reasons for the choice of good practice

- Cheap activity
- Allowed to play together men and women
- Easy to apply

Description of the event

Walking football is a variant of football, for over 50s, where you can't run, just walk. The teams consist of six players from the field, preferably of both sexes, in which there is no goalkeeper. The field used is similar to the futsal field, the beacons are 3m x 1m, (usually you use a tape or a track to adapt the normal goals to the mode) and the ball cannot rise above 1 metre high.

There are two modalities of teams:

- Competitive: For teams with more athletic and technical power.
- Playful: For teams with a smaller and less experienced pace.

Description of the target group who is addressed in the good practice example

Adults over the age of 50

Steps and methodology

The project started in February 2018 with 10 senior universities from Portugal, having finished the 2018/2019 season with 26 teams enrolled.

Basically, RUTIS sent an invitation to all senior universities in Portugal to enrol at least one team in the national championship. According to the number of entries, a pairing draw of the teams, having elapsed in the elimination model.

There may also be local and regional tournaments to qualify for the National Tournament if the number of entries in the national tournament is high.

Each game lasts for 14 minutes, with a short break after the first 7 minutes. The duration of the activity depends on the number of teams registered.

Sources for further information about this good practice

<https://www.dignus.pt/2019/08/01/torneio-final-de-walking-football-de-universidades-seniores/>

<https://media.rtp.pt/agoranos/artigos/walking-football-futebol-a-passo>

<https://www.facebook.com/FundacaoBenfica/videos/ii-walking-football-festival/1795651737158329/>

4.4. Spain

Programa de ejercicio al aire libre para personas mayores "MOVESE ES CUIDARSE" by Ayuntamiento de Madrid y la Dirección General de Mayores

This project/event addresses:

- Raising awareness about the benefits of sports,
- Developing outdoor sports practices, also by combining the enhancement of the territory.

Objectives

- Improve general physical condition and degree of autonomy.
- Promote personal care
- Encourage healthy lifestyle habits and create new bonds that prevent unwanted loneliness and isolation
- Create a connection between the individual and the natural surroundings
- Promote intergenerational exchange.

Reasons for the choice of good practice

Physical activity has beneficial effects on health and quality of life, creating natural spaces for coexistence and relationship, which are basic pillars for active aging. In particular, with the Covid-19 Pandemic and lockdowns that fostered isolation, the organisation of activities outdoors with small groups of people can help the elderly to establish relationships and to promote healthy lifestyle by carrying out physical activities. Moreover, the activities comply with the Covid-19 preventative measures. In fact, they are carried out in subgroups of 6 people, maintaining at all times a safety distance of three metres and the use of a mask.

Moreover the initiative, developed in the parks of the city, has presented until now "successful participation", with 37 groups of active older people. This demonstrates that elderly have responded positively to the program and that they are prone to carry out physical activities outdoors.

Description of the project

The "Moverse es Cuidarse" is a successful program of physical activity developed by the Madrid City Council and the General Directorate of the Elderly through several years.

This program takes place in outdoor areas and parks in various districts of Madrid throughout the year, except in the summer months. The activity is free and is aimed at people over 60 years of age.

With this physical exercise session, the Madrid City Council intends to promote among the older people the outdoor sports activity, showing them the spaces and services that are at their disposal and, thanks to which, the city becomes friendly and suitable for them.

The program consists of group sessions of a recreational educational and physical nature, of moderate low intensity, carried out in the parks of Madrid and directed by a specialised physical activity monitor.

Description of the target group who is addressed in the good practice example

The activity is free and is aimed at people over 60 years of age. The people participating in the activities were divided in a total of 37 groups, each made of 6 participants.

Steps and methodology

People who want to participate have to fill a form that the monitor will give them directly at the meeting point of each district.

The program consists of group sessions of a recreational educational and physical nature, of moderate low intensity, carried out in the parks of Madrid and directed by a specialised physical activity monitor.

The methodology is simple and the exercises can be easily carried out by the elderly. Moreover, the past organisation of intergenerational exchange events has attracted a lot of people.

With the Covid-19 pandemic still going on, the activities have been adapted and comply with the preventative measures required, but still have been successful as people are attracted by the possibility to still carry out physical activities and to interact with others.

The program was carried out from the 8th of February until the 30th of May.

The activities take place in outdoor areas and parks in various districts of Madrid throughout the year, except in the summer months. They have a duration of one hour and are weekly. The hours vary according to each district.

The activities are carried out in subgroups of 6 people, maintaining at all times a safety distance of three metres and the use of a mask.

Sources for further information about this good practice

“Aniorte visita las nuevas actividades al aire libre para fomentar la autonomía de las personas mayores” <https://www.madrid.es/portales/munimadrid/es/Inicio/El-Ayuntamiento/Todas-las-noticias/Aniorte-visita-las-nuevas-actividades-al-aire-libre-para-fomentar-la-autonomia-de-las-personas-mayores/?vgnnextfmt=default&vgnextoid=c0eb3a05250b7710VgnVCM2000001f4a900aRCRD&vgnnextchannel=e40362215c483510VgnVCM2000001f4a900aRCRD>
(access: 21/07/2021)

“Ejercicio al aire libre para personas mayores - Curso 2021” <https://www.madrid.es/portales/munimadrid/es/Inicio/Actualidad/Actividades-y-eventos/Ejercicio-al-aire-libre-para-personas-mayores-Curso-2019-20/?vgnnextfmt=default&vgnextoid=9ef0d179d6050310VgnVCM2000000c205a0aRCRD&vgnnextchannel=ca9671ee4a9eb410VgnVCM100000171f5a0aRCRD>
(access: 21/07/2021)

Salud y Bienestar by Fundaciòn “La Caixa”

This workshop addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices at home.

Objectives

- Promote various activities to encourage active aging in the community, delay the processes that diminish the capacities of the elderly and improve their quality of life.
- An effective way to achieve the goal was to organise various types of workshops aimed at helping the elderly to take care of their physical health and to improve their autonomy and wellness.

Reasons for the choice of good practice

The workshops organised aim at improving the quality of life of elderly people not only by sensitising them on the benefits of sports at physical level, but also on the importance of the maintenance of their cognitive and sensorial spheres.

Description of the workshop

The “*Salud y Bienestar*” workshops are designed to comprehensively stimulate the sensory, motor and cognitive areas.

The workshops are divided as followed:

1. *DOLOR +VIDA*: The workshop helps people to become aware of the influence of psycho-emotional aspects in pain perception, to understand how it affects us and how to learn to assume an active role in managing one's own pain. Thus it offers tools and resources to improve the quality of life of older people affected by pain and to help prevent it for those who do not suffer from it. The aim is to:
 - Fight the belief that pain is a disease of age.
 - Improve the physical and emotional health of the elderly.
2. *ACTIVATE*: In the workshop people will learn about the effects of old age on our brain and how to differentiate them from the effects of a disease. It is also discussed the importance of leading an active life to improve this vital stage. The aim is to:
 - Get knowledge about the aging process.
 - Feel more active
 - Keep all cognitive abilities fit.
3. *ENTRENA* : This is a preventive and healthy aging promotion workshop that promotes functional autonomy and physical activity in older people. The aim is to help acquire some healthier habits through physical activity that is adapted to the rhythm of each one and reinforces aspects that promote one's personal autonomy. Furthermore, the activities entail aspects such as personal care, physical exercise, pain management and social participation. The objectives are:
 - Learn tricks to improve the quality of life and incorporate healthy habits.
 - Doing physical activity.
 - Share self-care experiences and discover those of other people.
 - Reinforce personal autonomy.
 - Learn to manage pain.
 - Have more security and lose the fear of falls.
4. *EJERCIT@ TU MENTE*: is a virtual platform for cognitive stimulation. In www.activalamente.com, the main cognitive areas of the brain are worked out through exercises: language, memory, executive functions, sight, attention, concentration and auditory thinking. The platform has been designed by professionals in neuropsychology in order to keep the mind active. The objectives are:
 - Register at ActivaLaMente.com.
 - Learn to use the platform.
 - Understand the benefits of an active mind
5. *ALIMENTA TU BIENESTAR*: The "Feed your well-being" workshop offers guidelines and habits to have a healthy and balanced diet that helps improve health.

The objectives of this workshop are:

- Become aware of the importance of proper nutrition for good health.
- Encourage the knowledge acquired in the workshop to be put into practice on a day-to-day basis and, thus, the participants can apply and integrate the skills acquired in their daily lives.
- Acquire knowledge to promote a balanced diet appropriate to the needs of each person.

The workshop will deal specifically with:

- Healthy habits to have an adequate food
- Food and its components
- The healthy diet
- Diet in aging

6. EN FORMA!: the workshop offers exercises for balance, strength and muscular power that help us improve our physical condition through innovative methodologies such as "Eurythmics".

The objectives are:

- Improve the physical condition of the elderly through physical exercise focused on strength, balance and muscular power.
- Be aware of the importance of adequate physical exercise to maintain good physical shape and prevent symptoms that can cause fractures in the elderly.
- Generate the habit of doing physical exercise.
- Encourage the knowledge acquired in the workshop to be integrated into the day to day activities.
- Encourage the habit of carrying out physical exercise appropriate to the needs of each person.

Description of the target group who is addressed in the good practice example

Dolor +Vida: The workshop - Pain + Life is aimed at the older people who are in pain or live with someone who suffers it, and those who do not suffer from it but they want to learn to prevent it.

Steps and methodology

DOLOR +VIDA: All sessions will be accompanied by practical activities in which pain therapies, postural hygiene in daily life, muscle toning for the prevention of falls, dance and relaxation will be worked.

ACTIVATE: Each session of the workshop includes a theoretical explanation and two group activities

- Session 1: Myths and realities.
- Session 2: We improve physical health and mental activity.

- Session 3: For a healthy lifestyle.
- Session 4: For participation

ENTRENA : The workshop will offer a space for reflection in which the opportunity to improve and / or change daily life habits is offered. Furthermore it will reinforce the basic role of physical exercise, while offering guidelines for pain management, balanced eating, prevention of falls, personal autonomy and social participation.

EJERCIT@ TU MENTE: The workshop will offer a space for reflection in which the opportunity to improve and / or change daily life habits. The basic role of physical exercise will be reinforced, while offering guidelines for pain management, balanced eating, prevention of falls, personal autonomy and social participation.

ALIMENTA TU BIENESTAR: The workshop will have 8 sessions each lasting an hour and a half. The activities will entail practical exercises in which healthy habits will be worked out to have an adequate diet, food and its components and a healthy diet.

EN FORMA!: To develop the activities of the workshop, the participants have:

- A trainer with physiotherapeutic knowledge.
- A guide (worksheets in each session).
- Physical exercise material.

In addition to the physical exercises that will be carried out in each session, the activity will be accompanied by explanations from the trainer about the benefits they bring to the participants. Furthermore, the workshop will be carried out in 16 sessions of 1 hour and a half each.

Sources for further information about this good practice

Fundacion "la Caixa", SALUD Y BIENESTAR (last access 22/07/2021)
<https://fundacionlacaixa.org/es/programas-sociales/personas-mayores/salud-y-bienestar/que-hacemos>

This project/ event addresses:

- Raising awareness about the benefits of sports,
- Developing outdoor sports practices, also by combining the enhancement of the territory.

Objectives

- Ensure that the elderly and young people of school age interact and relate through physical exercise,
- Promote active aging in the elderly population,
- Promote physical activities in open spaces.

Therefore the activity is designed to make sport a means to actively aging, establish communication links and bring young people closer to elderly people to make them understand that age is not a limitation.

Reasons for the choice of good practice

The program has proven successful and the participants, both elderly and school children, were very satisfied with the encounters.

Satisfaction among regular users in these encounters is very high, with an average of 9.5. "These meetings give us life"; "We feel better"; "We had a great time in these Encounters ". These are some of the statements made by older people participants in the Intergenerational Encounters organised in 2019.

Furthermore, according to the opinions of the schoolchildren and the elderly summoned in the different parks where the meetings have taken place, these activities favour interaction between the elderly and schoolchildren, and prove to be an indispensable condition for breaking down barriers and stereotypes related to ageism.

For their part, the boys and girls who have attended the Meetings have also contributed their opinion through drawings, they highlight: " I have learned that older people also move a lot and we are all the same ", " they have been able to do everything without difficulty, hopefully it will be repeated ".

The monitors, who participate in the outdoor exercise program throughout the year, also contribute their opinion. "The activity is very positive from the physical, mental

point of view and social for the elderly ”; “For the girls and boys, spending an hour with people older people allow them to get closer to them and break stereotypes ”; "It's a lot of fun, they integrate quickly"

Description of the project/ event

The Intergenerational Encounters of "Shared Exercise" is organised annually by the General Directorate of Older Persons and Social Services (DGPMYSS) of the City Council of Madrid. The objective is to ensure that the elderly and young people of school age interact and relate through physical exercise. In 2019, a total of 15 Meetings of Shared Exercise in the different parks of Madrid; specifically in the Districts of Carabanchel, Fuencarral-El Pardo, Moratalaz, Puente de Vallecas, Salamanca, Villaverde, Vicálvaro, Villa de Vallecas and Usera.

Description of the target group who is addressed in the good practice example

A total of 523 elderly people and 441 school children participated in this "Shared Exercise in the Open Air" program. Under the motto "Moving is taking care of yourself", both generations bond and enjoy doing different physical activities in a group.

Steps and methodology

After the usual welcome, a walking tour is carried out, to allow the elderly and the schoolchildren to begin to get to know each other and to establish the first communicative contacts. Once the ice of the presentations has been broken, the monitor encourages the participants to warm up a little, to relax the joints and avoid injuries or possible damage from certain exercises.

At the end of the warm-ups, the days are enlivened with games in which they are always looking for the effective mix between an older person and a girl or boy, so that the meeting is openly intergenerational.

The usual dynamics of the activity is designed to make sport a means to actively aging, establish communication links and bring young people closer to people older to make them understand that age is not a limitation.

The social media played an important role. In fact, summaries of all the meetings have been published on “Madrid Mayores” Facebook and celebrated with photos, interviews and videos, both to the participants in the meetings (elderly people and schoolchildren), as well as some professionals who directed the activity, and also the teachers who accompanied and supported the activity.

In 2019, a total of 15 Meetings (each lasting one hour) of Shared Exercise were organised in the different parks of Madrid.

Sources for further information about this good practice

PROGRAMA INTERGENERACIONAL 2019 “JORNADAS DE EJERCICIO COMPARTIDO” (last access: 24/07/21)

<https://www.madrid.es/UnidadesDescentralizadas/Mayores/Descriptivos/ficheros/Informe%20encuentros%20intergeneracionales%202019.pdf>

MADRID MAYORES Facebook page <https://www.facebook.com/Madridmayores-301271073396684>

PLAN A+D para personas Mayores by Consejo Superior de Deportes

This project/ event/ learning material addresses:

- Raising awareness about the benefits of sports,
- Developing the individual sports practices in the home,
- Developing outdoor sports practices, also by combining the enhancement of the territory

Objectives

- Promote healthy habits among the elderly through the implementation of programs that respond to the bio-psycho-social health requirements and the interests of the population over 65 years of age.
- Achieve the inclusion of pro-aging healthy policies in different sectors (Health, sports, tourism, urban planning, etc.) forming a general framework of action and facilitating the formation of multidisciplinary teams, led by a specialist in physical education in order to promote and launch new actions.

Reasons for the choice of good practice

The project helped elderly people to take care of body and mind, making them more aware of the benefits that can be expected from the sport, even in old age.

In order to achieve such an objective, a guide has been created to help professionals as well as older people to practise sport indoors and outdoors according to their needs and limitations.

Moreover the organisation of events such as 10,000 Steps a Day, have proven successful because from the launch in 2011, communities and localities such as Navia (Asturias) repeat the event every year and this may be considered a signal of the incorporation of Physical activity and a healthy lifestyle in the community daily life.

Description of the project

In order to promote universal access to quality sports practice for the population as a whole, the Higher Sports Council (CSD), in close collaboration with the autonomous communities, local entities, universities and ministerial bodies and together with the participation of the private sector, implements a series of lines of action –objectives, strategic axes, programs and measures– that make up the A + D PLAN, a Comprehensive plan for physical activity and sports.

This Plan, in its area of Elderly People, has developed a series of measures whose fundamental objectives are the promotion of active lifestyle habits among this population group through the implementation of programs that respond to health requirements and the interests of the elderly over 65 years old. On the other hand, the inclusion of pro-active aging policies in different sectors (health, urban planning, sports, tourism, etc.), thus forming a general framework of action that facilitates the formation of multidisciplinary teams, led by a specialist in physical education, in order to promote new performances.

Among the measures we can find for example: 10,000 Steps Day

The "Day of 10,000 steps" has been designed as a measure of the Comprehensive Plan for the Promotion of Physical Activity and Sport (Plan A + D), in its area of Older People

As a pilot experience and through the CSD collaboration agreement with the Spanish Federation of Municipalities and Provinces (FEMP), three of the municipalities that are already participating in the Project "Move your body, open your mind", have offered to be part of this other proposal:

- Villaquilambre (Leon)
- Navia (Asturias)
- Mollet del Vallés (Barcelona)

Objectives:

The main objective of promoting physical activity and sport but without being an exclusive participation activity for people over 65 years of age. It is intended with them the implementation - at the state level - of one day a year in which the elderly meet to walk and from now on it is a reference day for the promotion of active aging.

Main promoters:

- Higher Sports Council
- Spanish Federation of Municipalities and Provinces (FEMP)

Other promoters and collaborators:

- Participating municipalities.
- Villaquilambre (Leon)
- Navia (Asturias)
- Mollet del Vallés (Barcelona)

In October 2019, the ninth edition of the event 10,000 Steps Day took place in Navia and brought together about 500 people who took a walk so that "family and friends gather around sport".

"Regular physical exercise is important for the physical and mental health of all people." With this philosophy and about to turn a decade, the 'Day of 10,000 steps' has earned a place in the naviego calendar.

It is the day in which everyone goes out for a walk, age does not matter. Everyone walks to promote sports as a healthy habit for the body and mind.

In its ninth edition, nearly 500 people put on their shoes to travel the almost eight kilometres of route that runs through the town of Campoamor. "The goal is to get people out into the streets for a walk, for family and friends to gather around sports and socialise. It has already become a tradition ", highlighted the mayor of Sports, Ignacio Blanco, who celebrated the success of the call.

Physical activity guide for the active aging of older people - very active, active and fragile

The document has been created by experts in the field of Physical Activity in Older People and aims to be useful for all those people who want to be actively involved and maintain healthy habits in their daily life, where they can find some very useful guidelines for the training of different physical capacities.

This Guide is aimed both at the elderly who enjoy full autonomy and at those who are frail. To do this, it offers proposals, exercises and guidelines with which to develop a personal work plan that is appropriate to the needs, desires and expectations of each person; also to its limitations and respecting possible contraindications.

The objective is to help more and more people to age actively and healthily and that this will contribute, in turn, to achieving in Spain the WHO guidelines for the near future, "that adult athletes maintain their sports practices. - active in old age, increasing the growing number of active older people and, finally, integrating the very old or those who are aging frail into the practice of physical exercise ».

Description of the target group who is addressed in the good practice example

The program and the guide aim mainly at people over 65 years old.

10,000 Steps Day in Navia Asturias

About 500 people participated in the event and there were no age limits. The participants were distinguished babies who joined in a cart as well as veteran walkers and those who enjoyed the sports day accompanied by their inseparable pets. Although most of the athletes were navegos, neighbours from neighbouring councils also joined the ride, encouraged by a pleasant time.

Steps and methodology

10,000 Steps Day in Navia Asturias - The walk maintains the usual route and its difficulty is low, running along a flat, urban route. The distance adds the recommended daily steps to maintain a healthy life, which together with a healthy diet are vital for health. Along these lines, the traditional preñado bun was replaced by fruit.

Physical activity guide for the active aging of older people- very active, active and fragile - The collaboration between the Consejo Superior de Deporte and the autonomous communities, local entities, universities and so on, not only in the elaboration, but in the implementation and adaptation of the Plan to the local situation is leading to successful outcomes. Furthermore, the creation of the Guide represents a tool that can facilitate and foster the implementation of the Plan.

Sources for further information about this good practice

Last access to the articles: 25/07/21

Navia camina 10.000 pasos por una vida más saludable

<https://www.elcomercio.es/asturias/occidente/navia-camina-10000-20191028004152-ntvo.html>

PLAN INTEGRAL PARA LA ACTIVIDAD FISICA Y EL DEPORTE

<http://www.planamasd.es/el-plan-ad/que-es-el-plan-ad.html>

PLAN A+D, Programa Mayores <http://www.planamasd.es/programas/mayores.html>

PHYSICAL ACTIVITY GUIDE FOR THE ACTIVE AGING OF OLDER PEOPLE-
VERY ACTIVE, ACTIVE AND FRAGILE

<http://www.planamasd.es/sites/default/files/programas/medidas/actuaciones/WEB-GUIA-MAYORES%20versi%C3%B3n%20publicaci%C3%B3n.pdf>

References

- Ahlskog, J. E. (2011). Does vigorous exercise have a neuroprotective effect in Parkinson disease? *Neurology*, 77(3), 288–294. <https://doi.org/10.1212/WNL.0b013e318225ab66>
- Biernat, E., & Piątkowska, M. (2018). Stay active for life: Physical activity across life stages. *Clinical Interventions in Aging*, 13, 1341–1352. <https://doi.org/10.2147/CIA.S167131>
- Biernat, E., Skrok, Ł., & Krzepota, J. (2019). Short-Term and Medium-Term Impact of Retirement on Sport Activity, Self-Reported Health, and Social Activity of Women and Men in Poland. *BioMed Research International*, 2019(7), 1–12. <https://doi.org/10.1155/2019/8383540>
- Blankevoort, C. G., van Heuvelen, M. J. G., Boersma, F., Luning, H., Jong, J. de, & Scherder, E. J. A. (2010). Review of effects of physical activity on strength, balance, mobility and ADL performance in elderly subjects with dementia. *Dementia and Geriatric Cognitive Disorders*, 30(5), 392–402. <https://doi.org/10.1159/000321357>
- Eurostat. (2020). *Ageing Europe. Looking at the lives of older people in the EU. 2020 edition*. Luxembourg. Publications Office of the European Union, 2020. <https://ec.europa.eu/eurostat/documents/3217494/11478057/KS-02-20-655-EN-N.pdf/9b09606c-d4e8-4c33-63d2-3b20d5c19c91>
- ISCA. (2015). *The economic cost of physical inactivity in Europe. An ISCA / Cebr report*. Centre for Economics and Business Research. [https://inactivity-time-bomb.nowwemove.com/download-report/The%20Economic%20Costs%20of%20Physical%20Inactivity%20in%20Europe%20\(June%202015\).pdf](https://inactivity-time-bomb.nowwemove.com/download-report/The%20Economic%20Costs%20of%20Physical%20Inactivity%20in%20Europe%20(June%202015).pdf)
- Iso-Markku, P., Kujala, U. M., Knittle, K., Polet, J., Vuoksima, E., & Waller, K. (2022). Physical activity as a protective factor for dementia and Alzheimer's disease: Systematic review, meta-analysis and quality assessment of cohort and case-control studies. *British Journal of Sports Medicine*, 56(12), 701–709. <https://doi.org/10.1136/bjsports-2021-104981>
- Leś, A., Guskowska, M., Kozdroń, E., Piotrowska, J., Niedzielska, E., & Krynicki, B. (2019). Changes in the quality of life of female participants from the University of the Third Age and their predictors. *Advances in Rehabilitation*, 2019(3), 19–25. <https://doi.org/10.5114/areh.2019.87745>
- Northey, J. M., Cherbuin, N., Pumpa, K. L., Smee, D. J., & Rattray, B. (2018). Exercise interventions for cognitive function in adults older than 50: A systematic review with meta-analysis. *British Journal of Sports Medicine*, 52(3), 154–160. <https://doi.org/10.1136/bjsports-2016-096587>
- Physical Activity Guidelines Advisory Committee. (2008). *Physical Activity Guidelines Advisory Committee Report*. Washington, DC. U.S. Department of Health and Human Services. https://health.gov/sites/default/files/2019-10/CommitteeReport_7.pdf

- Sofi, F., Valecchi, D., Bacci, D., Abbate, R., Gensini, G. F., Casini, A., & Macchi, C. (2011). Physical activity and risk of cognitive decline: A meta-analysis of prospective studies. *Journal of Internal Medicine*, 269(1), 107–117. <https://doi.org/10.1111/j.1365-2796.2010.02281.x>
- WHO. (2018). *More active people for a healthier world: Global action plan on physical activity 2018-2030*. World Health Organization.
- WHO. (2020). *WHO guidelines on physical activity and sedentary behaviour*. World Health Organisation. <https://www.who.int/publications/i/item/9789240015128>

Netography

<http://www.trener.awf.poznan.pl>
<http://www.chessarbiter.com>
<http://www.espar-50.org>
<http://www.planamasd.es>
<https://bridge60plus.eu>
<https://centrumis.pl>
<https://fundacionlacaixa.org>
<https://infoszach.pl>
<https://kobietapro50plus.wordpress.com>
<https://marszpozdrowie.pl>
<https://media.rtp.pt>
<https://pzszech.pl>
<https://radio.opole.pl>
<https://tvi24.iol.pt>
<https://www.cimac.pt>
<https://www.dignus.pt>
<https://www.elcomercio.es>
<https://www.facebook.com/espar50>
<https://www.facebook.com/FundacaoBenfica>
<https://www.facebook.com/Kobieta-Pro50>
<https://www.facebook.com/Madridmayores>
<https://www.facebook.com/pg/Seniorada>
<https://www.facebook.com/TrenerSenioralny>
<https://www.madrid.es>
<https://www.opieka.kpodr.pl>
<https://www.tribunaalentejo.pt>
<https://www.youtube.com>

Appendix

IO1- SActAge Good Practices template

This template aims at collecting existing good practices which effectively sensitise older people to the benefits of sports. Thank you very much for your cooperation!

Contributing partner/ Country	
Title of the good practice	
Organisation providing the good practice	
Contact person details from the organisation providing the good practice	
The practice addresses (<i>please indicate</i>):	
<input type="checkbox"/>	Raise awareness about the benefits of sports
<input type="checkbox"/>	Develop the individual sports practices in the home
<input type="checkbox"/>	Develop outdoor sports practices, also by combining the enhancement of the territory
<input type="checkbox"/>	Develop sport and physical activities by combining sport and social tourism
<input type="checkbox"/>	Develop the volunteering of seniors for the promotion of physical activities
Type of best practice (<i>please indicate</i>)	
<input type="checkbox"/> project	
<input type="checkbox"/> ICT Tools/ ICT Media (Site Web / APP/....)	
<input type="checkbox"/> Seminar	
<input type="checkbox"/> Workshop	
<input type="checkbox"/> Remote workshop	
<input type="checkbox"/> Event	
<input type="checkbox"/> Remote event	
<input type="checkbox"/> Learning material	
<input type="checkbox"/> Other: _____	
Objectives	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Reasons for the choice of good practice

Please describe the reasons for choosing this activity as good practice (In what way has the good practice contributed to an innovation in sensitising older people to the benefits of sports?)

Description of the project/ ICT Tool-Media/ seminar/workshop/event/learning material/etc.

Description of the target group who is addressed in the good practice example

Describe beneficiaries: how many? Who are the participants? What age? What aspects are crucial to select the participants?

Basic steps/ phases of the activity (for project/ seminar/workshop/event), or contents and structure (for learning material/ ICT Tool-Media)

For project/ seminar/workshop/event: How is the activity carried out? Are there any steps? (i.e. first contact; orientation; physical preparation; training; competitions/events; etc.); what are the techniques and procedures adopted?

For learning material/ ICT Tool-Media: please describe contents and structure.

Methodology

What methodology has been used in order to address the initial issue and lead to a successful outcome and finally to the good practice?

Needed material

Does the activity require any tools/ materials?

Duration of the activity

When was the activity realised? What is the length of the activity? What are the time frames?

Safety rules/measures

Are there any specific Safety rules/measures that apply to the activity?

Attachments

References, such as articles, links (*access date: xx/xx/xxxx*), etc.

Photos, video (*provide sources*)

Testimonials (i.e. interviews with members, families, stakeholders, etc.)

Other materials (*specify*)

Final tips

What are the key messages and lessons learned to take away from the good practice experience?