



ACTIVE AGEING FESTIVAL

PHYSICAL ACTIVITY FOR ELDERLY PEOPLE GUIDELINES

Disclaimer

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Benefits of physical activity for elderly people

Regular physical activity and exercise for elderly helps improve mental and physical health, both of which will help you maintain your independence as you age. Five benefits of physical activity for elderly:

- ✓ Prevent disease;
- ✓ Improved Mental Health;
- ✓ Decreased Risks of Falls;
- ✓ Social Engagement;
- ✓ Improved Cognitive Function.

Recommendations for physical activities for elderly

- ✓ Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
- ✓ Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- ✓ For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
- ✓ Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
- ✓ Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.
- ✓ All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Each session of the physical activity programs should have a clear structure (e.g. sequences). The following structuring of exercise program with 3 sequences is proposed:

- ✓ Warm-Up: Low-intensity large muscle activities (especially psycho-social stimulation).
- ✓ Stimulus or Conditioning Phase: endurance, muscular strength, balance, flexibility and coordination exercises.
- ✓ Cool-Down: e.g. stretching, relaxation.

**It's never too late to
be active.**



3 PHASES FOR SUCCESSFUL SPORTING EVENTS FOR ELDERLY:

1. PREPARE

- ✓ Get your Event team together
- ✓ Set team roles and responsibilities
- ✓ Involve partners/stakeholders/NGOs in organising the logistics/connect with local partner organisations
- ✓ Work out your budget
- ✓ Create event ideas
- ✓ Finalise the plans and put the dates in your calendar
- ✓ Book venues and event licenses
- ✓ Put together a communications plan
- ✓ Finalise budgets and organise any equipment or special materials needed
- ✓ Start to print posters, stickers, etc.
- ✓ Make a safety and emergency plan
- ✓ Prepare a Monitoring and quality assessment plan
- ✓ Prepare a back-up plan (bad weather etc.)
- ✓ Recruit volunteers
- ✓ Distribute flyers, hang posters and promote your event wherever possible

2. ENGAGE

- ✓ Give regular updates to your team, supporters and participants in the lead-up to the event
- ✓ Establish team roles and responsibilities for the day
- ✓ Send out general communications to drive engagement
- ✓ Send out press releases to local media
- ✓ Organise someone to take photos and film on camera
- ✓ Keep media active during event
- ✓ Take care of volunteers

3. CELEBRATE

- ✓ Collect numbers of event participants
- ✓ Share success story in media (send out a press release)
- ✓ Send a thank you email and share pictures
- ✓ Publish photos and video footage
- ✓ Conduct a group evaluation
- ✓ Save/collect any media coverage
- ✓ Ask for feedback from key stakeholders
- ✓ Save the dates for next year!

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