

Friday 10.00 Venerdì ore 10.00


HEALTHY AGEING AND MASTER SWIMMING
PROJECT FUNDED BY EU LIFELONG LEARNING
PROGRAM

Aim - PROMOTE BENEFITS OF SWIMMING IN
HEALTHY AGEING
ENTHUSE MORE PEOPLE TO SWIMMING

HOW - AWARENESS CAMPAIGN
OPEN SWIMMING POOL DAYS

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- 
- INFORMATION - MORE SENSIBILISATION
 - AWARENESS - CONSCIOUSNESS
 - EVERY DAY MOVEMENT IN EVERY DAY LIFE
(WALK - STAIRS - BIKE ..)
 - HOLISTIC VISION OF LIFE AND HEALTH
 - HAVE FUN! BETTER IN A GROUP
 - WE ARE BORN IN ORDER
TO MOVE

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4. OLDER CITIZENS CAN BE INSPIRED TO BECOME MORE ACTIVE BY...

4. I CITTADINI PIÙ ANZIANI POSSONO ESSERE ISPIRATI A DIVENTARE PIÙ ATTIVA ATTRAVERSO...

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MOVE YOUR BODY!
MOVE YOUR EMOTIONS!
MOVE YOUR SOUL!
CHANGE YOUR LIFE

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- involve doctors
- red:sccovery of popular sports

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INTENTIONAL ENGAGEMENT of

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dedicated, local, targeted, social,
^{especially}

Elderly Academies - perhaps

"Older People's P A Week ?



Removing all barriers until social networks form or continuously if needed.

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+ engage all partners esp. Carers, families
TRUSTED - health professionals

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- Some VIP physically active and old-old can be good examples
- example: recovering from some very serious illness through physical activity
- to promote physical activity at TV at busy time, when many people look at serials

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VLASTA SYKLOVA CZECH. REP.

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Physical ~~activities~~ activities → making activities
social activities → being together
mental activities → leadership,
organisation
training, instructions.

Older adults can organize all
that for themselves - it is
another goal.

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Work together with
other community
organizations

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Modified activities

- Activities just for seniors (eg. over 60s.)
- fit programmes into their routines
- Ensure there are good facilities: toilets + disabled facilities
- Qualified instructors
- flexible memberships (don't commit them to one year)
- Replace competitive element with a social element (take competitiveness out of the activity)
 - make it a fun + happy experience

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Rachel Payne / ISCA.

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In diverse community
seniors ~~should~~ take part in the project

under the slogan "Older efficient
seniors are full of vigour".

The project is organised by club of
pensioners. Disability pensioners and disabled.
I conduct sport activities for the seniors.

"POLAND" - PAULINA are worthy to
imitate.

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They need to do group activities for the social aspects.

- Doing activities where they will be successful.

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- Are we having the appropriate research for elderly people
- that do no practice? see books
- What about sedentary behaviour?
- Sedentary behaviour as an indicator

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INTEGRATE RECREATIONAL SWIMMING IN
PROGRAMS

DEVELOP SPECIFIC SENIOR PROGRAM

LIAISE MORE WITH COMMUNITY NETWORKS