



FINAL REPORT

PHYSICAL ACTIVITY PROGRAMS FOR HEALTHY OLDER ADULTS
BASED ON THE DATA COLLECTION OF INNOVATIVE PHYSICAL
EXERCISE PROGRAMS ADJUSTED TO THE TERRITORIAL CONTEXT
OF EACH PARTNER COUNTRY



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IN COMMON SPORTS +: fit, food and fun for elderly!

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1. Introduction

Life expectancy continues to increase, being a central concern as old-age dependency ratio still increasing, expecting that between 2016 and 2060, the share of people over 65 will grow from 19.3% to 29.0% of the EU total population. The percentage of people over 80 will more than double to 12.1%. The aging ratio stands now at 114%, meaning that population aged 65 or over are more than that under 15 [1]. In fact, the European Union is already the world's oldest region [2].

Older adults are the most sedentary segment of the population [3]. In most of the European Union (EU) countries, adults aged 75 + years do less physical exercise as compared to the 65–74 age group and significantly less than younger age population, conducting to an increasing levels of illness and weakness among older adults [4]. Public health policy has maintained a focus on engaging older people in "successful" aging, with a significant emphasis on being as physically active as possible [5].

Physical activity (PA) is defined as any bodily movement produced by skeletal muscles that result in energy expenditure [6]. PA comprises exercise, sports, and physical activities performed as part of daily living, occupation, leisure, or active transportation. In other spectrum, physical exercise is planned, structured, and systematic that has a final or intermediate objective to improve or main the physical fitness [6]. Nevertheless, physical function is the capacity of an individual to perform the physical activities of daily living that reflects motor function and control, physical fitness, and habitual PA [7].

In line with previously described about physical activity range of definitions, the EU country members and their municipalities bear the responsibility of facing this challenge and acting proactively (CIT - HEPA), with the special concern of *active aging requirements*. The promotion of physical activity among elderly and health-oriented exercise will become a key issue in our ageing society and even small increases in PA for those who are least active can provide significant benefits for health and well-being [8].

Therefore, projects like "IN COMMON SPORTS + FIT, FOOD AND FUN FOR ELDERLY" project was developed, strengthen and consolidate the factual basis of physical activity programs for the elderly.



There are several types of physical activity programs that demonstrate a positive development of elders physical function [9,10]. Despite the efficacy of these intervention, there are some gaps in research that need to be addressed such as group exercises, characteristics of professionals' delivering the interventions associated with better outcomes, motivational support and what are the main innovative strategies delivered to these population [11].

The objective of this report is to summarize the innovative physical exercise programs for healthy older adults in the countries that participate in the "IN COMMON SPORTS + FIT, FOOD AND FUN FOR ELDERLY" project. Was also aimed to determine the main differences when adjusted to the territorial context of each partner country.

2. Methods

The research was developed in six European countries – Portugal, Italy, Spain, Bulgaria Hungary and Slovenia from February to June 2021. Before data collection, it was develop a literature review in order to categorize the good practices identifying the community-based initiatives or interventions, since community-based interventions have generally poor design and the lack of a proper evaluation leading to a poor validity and effectiveness [12].

Instruments

To evaluate good practices there are several guide lines reported by international entities [13], literature reviews [14,15], conceptual framework [16] and research papers specifically related to physical activity and community-based interventions [12].

According to these information's it was developed a data collection tool. The spreadsheet was in the English language and divided into 3 parts: general program information; project development and adaptation due to COVID-19 implication. To accomplish the specifications of the study and target population, the tool was reviewed by a panel of experts including three PhDs in exercise science and health promotion, experienced researchers with expertise in the development and evaluating of PA programs for elderly in different contexts. The spreadsheet was revised until the panel agreed about the adequation for the main purposes. After the spreadsheet validation, all participant



countries provided their input and a pre-test was performed with the previous programme information's - Intergenerational Olympics 2015! For a more inclusive sport, without Borders, Age or Gender!

Data Collection

In a general meeting, all participant countries managers were informed about the main purpose and discuss the procedures to data collection. Innovative intervention was characterized as PA intervention in the elderly population implementing new methods, ideas or have a new insight on the knowledge on PA intervention in the aged population or introduce the use of technologies according to PA interventions for older adults. The research was made independently in each country, according to the local municipality networks, associations, clubs, and sport federation with activities promoting PA practice in elderly.

3. Results

In appendix I are presented all innovative programs identified, in accordance with each participating country considering the developed tool. It was identified nineteen innovative programs distributed from each participant country (Figure 1).

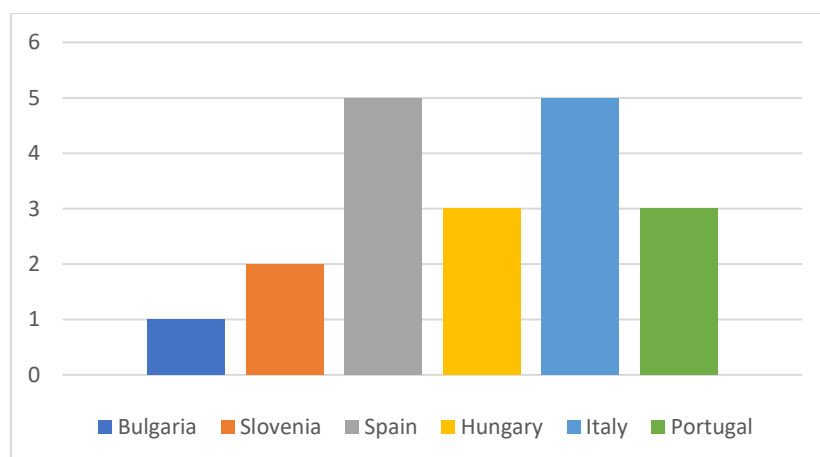


Figure 1 - Number of innovative Physical activity per participant country

Bulgaria identified one innovative program developed under the opportunity for social inclusion thought a global meeting where different teams compete in activities like: arm



wrestling; tug of war; darts; fast walking relay; beating on penalties. The activities are held outdoor in Tundha municipality. During the competition is allowed the participation of residents outside the target groups area. This competition day is only on part of the project since it is developed other meeting to understand motivations and significance from the participants in the areas of culture, folklore, and ethnography. These knowledge leads to the development of different events to accomplishing communities wishes, leading to be engaged in the project. The Games have a book with the specific activities' rules. During the COVID-19 pandemic, the project was interrupted but with good perspectives to return after the normalization of the daily routines and it is expected to be expended to other municipalities.

In Slovenia, two projects were reported. The two programs promote PA throughout public areas but with different experiences. The "1000 Movements Method One" (program 1) is a specific morning exercise intervention developed in public areas aiming to be held in every municipality, town, village and community in the country by promoting regular exercise. The morning routines are developed to be performed without the need of additional equipment's (bands, weights,...), supervised by a exercise specialist, or elders trained in this specific task, who organized the safest exercises and supervise the practice. The program includes 954 registered trainers who develop the activities in groups of 10 participants and a maximum of 50. Annually they perform the Senior Fitness Test and take part in regular action and workshops considering the impact of exercise on their health, well-being, healthy eating, pain, cardiovascular health, correct breathing techniques, improving communication and others. The project has 8 specific books and 8 small videos with a presentation of the exercises, for the trainers. There are also small booklets on various topics. During COVID-19, training sessions were conducted individually via online platforms. However, due to lack of informatic literacy, the session was broadcasted every morning in the local TV stations so that participants were doing exercises at home. The other Slovenian project (program 2) was also developed in Italy due to geographic proximity, involving an exercise group at a gym and other exercise group outdoor, in a specific park (Heath Movement Park). The session was supervised by trained practitioners with specific training. The gym group exercises use specific equipment's such as plastic or wooden sticks, elastic bands, small weighted handballs, a ball/heavy ball, a balance cushion and hoop. The outdoor group exercise is



developed in 14 outdoor exercise machines in the Heath Movement Park. The program includes workshops on healthy eating and the impact of regular exercise on well-being and health with a specific manual available online. During the program, extensive counselling and information strategies are performed to the participants with an emphasis on the importance of regular PA and exercise. Periodically, all participants are also assessed to realize their physical fitness and improvements. However, it is not known the testing protocol. The program ended before COVID-19 epidemic.

Spanish group identified five innovative programs including two app's specific for active aging. The app's were developed to improve and to develop healthy habits for active aging through the physical activity practice, breaking sedentary behaviors and overweight problems of the eldest population. App one (Esporti Masters - program 2) allows to individualize the exercise program accordingly with the person profile adjusted in accordance with the registered physical fitness improvements. No specific supervision is provided. However, the app includes exercises like Pilates, yoga, tai chi, golf, daily life activities, stretching, Swedish Gymnastics, strength exercises, respiratory physiotherapy, boules, etc., allowing the integration with wearables technologies such as Fit Bit. When using the app is possible to follow the improvements in the Esportis, by recording the user's daily physical activity. This app is available for Android and Windows systems. App two (Rosita – program 3) have the similar goal. By selecting home trainings based on the user level of activity, pain, fragility, pathologies, and weight, the program provides live classes at different times, with other people of the same PA level. The day exercise plan is generic, presented every morning and individualized by person profile. However, users can see another older person and talk to each other while doing physical activity. There is no specific equipment or material needed. Exercises are developed based on: yoga, home mobility training, stretching, Pilates, dancing (Salon or Zumba dances, Swing, Sevillian, Jazz, Ballet or Salsa), Karate and tai chi, fat burning exercises and exercises specific for training the pelvic floor. However, it is also possible to select routines according to different pathologies such as knee osteoarthritis; neck and cervical pain; arthritis; fragility; back and lower back pain or lumbago; hip prosthetic and hip pain; obesity; balance and falls reducing; or sciatica. This app is available for Android and IOS systems. During COVID-19 pandemic the app has all functionalities free for users. Considering the remaining three Spanish innovative programs, one of them was



developed to respond to elders infected with COVID-19 (program 1). The main goal was to develop a physical and psychoactive program in order to reestablish functionality and quality of life to elders affected by COVID-19, before returning to their home centers. The sessions are developed in a daily basis, according to generic group of exercises for all participants, for 45 minutes. The program specifications were defined by a multidisciplinary group of health specialists. The sessions were developed telematically with a critical management of personal and material resources to establish an adequate way of visual and audio communication between participants and experts who conduct the sessions. The other two app's are centred in positive aging (Living with Vitality-M - program 5) and according with the concept that health in older people should be measured in terms of their ability for movement, and not as a disease (ViviFrail - program 4). Living with Vitality-M is an evidence-based program aiming to promote positive aging involving the body, mind, affection, control, and getting involved with life. The program consists of 50 hours of video lessons, distributed in 22 topics. The multimedia program is carried out under the supervision of experienced professionals, clinical and research, in specialized care to the elderly. Exercises are generic and able to be performed in any environment, whether at home, on the street, health centre or other. The participants may to contact tutors by phone or email. This program was not running during COVID-19 pandemic. ViviFrail is an educational program that promotes a generic exercise program adjusted for the individual functional level and risk of falls. The program is not running since 2017 but is available up to six different types of physical exercise programs which can be download and performed in different settings, along with evaluation protocols, promotion flyers and exercise charts.

Hungary group indicated three innovative programs, being one of them developed in response to COVID-19 needs (program - 1). This specific program offers online live training video opportunities, twice a day, looking not only elderly but also young people with a kind of disability. The trainings sessions are organized at 3 different difficult levels (easy, advanced, hard), to independently of the physical fitness, all participants can find a suitable lesson. The lessons involve strength training (sometimes with tools like stick, ball, rubber bands etc.), stretching, back training, dancing aerobic, balance training and Nordic walking. The lessons are developed by six trainers with different backgrounds, and at least 5 years of experience in elderly training. At home, the participants may



interact with the trainer through live video call. In the project webpage there are available educational brochures about PA and exercise benefits, healthy foods and eating. Considering the other projects, one of them has an emphasis in dance ("Joydance" - program - 3) and other that involve adapted exercise opportunities for the elderly population in 17.^o districts of Budapest (program - 2), to increase health through sport. The other, "Joydance" project, was developed for the elderly, containing easy choreographies, without needing a pair, allowing people have fun and exercise, without needing a partner. The activities also address a special kind of "Joydance" for very old, handicapped people or participants in wheelchairs, among others. The events are held once or twice a week without the need of equipment. The activities only need the appropriate music, being easy to implement and creating opportunity to elders meet each other and extend their social life. During the COVID-19 pandemic the training sessions were cancelled and replaced by online dance lessons. The other program involves Nordic walking, swimming and senior trainings regularly, and hiking trips occasionally. There is also "water Nordic walking", which is oriented to the elderly. The training is developed weekly with groups of 15 to 20 people, in a generic setting of exercises with trainers recommending easier variant of the exercises. The program also promotes lectures with professionals in the topic of healthy lifestyle. Due to COVID-19 it was adapted to videoconference trainings and Nordic walking in small groups.

Like Spain, Italy group identified five innovative programs. Two of them are dedicated to elderly with specific pathologies – osteoporosis and after hip or knee replacement. The osteoporosis' one (program - 4) includes a specific training program that must be registered in a logbook. The program is divided in two session groups - gym group training and home-based group training – in accordance with the same exercise protocol. The program follows the ACTLIFE exercise protocol being the gym group training conducted by a graduated trainer and the home-based group training performed at home individually, without supervision. However, each home-base group, participants were previously trained in the exercise program having regular contacts with the trainers to guarantee and adequate adaptation and progression of the workload. The exercise book is available on the website. Throughout COVID-19 pandemic the gym group performed the exercises on-line with the trainer supervision. The after hip or knee replacement project (program - 5) is a consortium aiming to improving muscular strength, range of



motion, muscular elasticity, aerobic and balance capacity, implementing an exercise book and other additional recommended activities. The sessions are performed in group, on a gym or online with activity sessions conducted by a graduated trainer. The exercises are generic, but the trainers use the FITT method (frequency, intensity, time, and type). During COVID-19 the project was developed on online training base. The remaining project are community-based interventions. One of them looking for the benefits of walking with other people, the others were looking to develop athletics competition for people over 60 years old and in promoting free PA in 14 city parks (program - 3). The project aiming to develop walking in groups (program - 1) compromise 11 different routes in the city streets and in the immediate neighbourhoods. As it intends to promote group walking, they divided the routes in different levels, suitable for different physical fitness levels. The program promotes participants interaction, sensibilization to safety rules and health benefits of walking. Presently, the group walking was suspended due COVID-19. The athletics project (program - 2) aims to organize important sporting events oriented to master's athletics from over 10 European countries. The competitions will be developed according to two teams ranking (men's and women's). The best 7 scores per discipline, according to the regulations of the Italian Federation of Athletics, is used to establish the competition ranking. Due to COVID-19 the event has been postponed. The last program develops an opportunity to perform free PA in 14 city parks (program - 3). The main activities are gymnastics and stretching, slow walk activity; yoga and yoga/Pilates, tai chi, Nordic walking, gentle gymnastics, and functional gymnastics. The participants must have an exercise mat and due to limited places, some activities require early registration. Due to COVID-19 and after the permission to perform outdoor PA, a limited number of participants take part to each training session.

Portugal group identified 3 programs. One community based, other considering for institutionalized elders and a third by using technology. The community based (program - 3) is the basis of the present project that promotes intergenerational Olympics, involving transnational teams based on some premises of the Olympic Games, regarding the organization and administration of the competitions. The aim is to increase participation in sport and promoting healthy lifestyles among older people at grassroots level, especially in rural areas. Project participants exercise/training twice a week, supervised by a certified trainer, based in the preparation for the competition that take



place in each participant country. The project also promotes education sessions considering diet and quality-of-life. All information is available on-line, including the results and assessment protocols. Due to COVID-19 the training sessions were canceled, expecting to start in June of 2021. The project STOP-AGEING (program - 1), is addressed for institutionalized elderly showing willingness to participate and do not have severe physical and cognitive limitations that could be impaired by performing the exercises. All training sessions have an supervisor-practitioner ratio 1:1, involving 10-minute general warm-up (treadmill, or recumbent bicycle), 25 minutes of exercises (horizontal leg press, chest press, leg extension, throwing the medicine ball, squatting in the chair with and without weight, walking with and without weight, contouring obstacles, going up / down platforms and playful games of cognitive stimulation) and a final part of 5-10-minute of treadmill or recumbent bicycle at a low intensity, followed by stretching. The training sessions are supervised by 3 coordinators and implemented from Monday to Friday, twice a week. In all training sessions, the average speed of the strength exercises is measured and controlled using a linear speed transducer allowing to individualize the training volume and adjust the training load to the daily capabilities, according to the prescribed percentage of one maximal repetition. Because of the pandemic situation the program starts to implement online interventions, maintaining the monitoring by the intervention coordinators. VirtuALL project is a technology-based program aiming to promote and develop several ecosystems supporting on I&T with the reproduction and development of good practices in active and healthy aging. The program uses a balance and force platform (Physiosensing) and a software (PEPE, Portable Exergame for Elderly People). The equipment has pre-defined exercises and games that are enrolled once a week, for 5 weeks, during 1 to 2 hours. For each session, different themes are explored through different dynamics. All sessions have the purpose of education and / or exercise (strength, balance and resistance). The program can be developed by using the technologic equipment and the home-based program. During the program participants received the VirtuALL Passport, a motivational book created by the project to stimulate and to help during the practice. The project has started at April 2019 and adjusted to COVID-19 conditions according to the reducing the number of participants in the presential session and accomplishing the general sanitarian recommendations.



4. Conclusions and evidences

The main finding of the present working package is that the innovative programs for elders are not exclusively focused on the use of technology but in the promotion of community-based program with a multidisciplinary approach to educate and empower elders in healthy aging. However, even the projects that use I&T (app's and virtual games) have the concern of promote group interaction and education on healthy aging. All the identified projects are based on qualified exercise and/or health experts, specialized in aging. Most of the interventions demonstrate a clear intention to do not pass by the "one size fits all" approach to exercise, conducting annual evaluations and respecting the individuality. However, only two interventions can accomplish this goal near to 100%. Since the principles of training increases the potential for exercise to maximally benefit, elderly exercise interventions should use FITT prescriptions and control every FITT component to tailor the exercises and consistently better development of physical fitness and health outcomes.

Another finding is that the motivations strategies used are linked to the persons in charge of the programs and the specific education activities. However, these strategies are transversely focused on knowing physical fitness evolution, promoting competition but above all having fun and promoting socialization.

Most of the identified projects are based in scientific findings and/or in new understanding of the impact on the PA in aged population. In fact, the information on each program can and must be used in the definition of educational and health promotion strategies in the development of self-management and coping skills, social support and low-cost programs for aged population.



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Appendix I

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Obshtina Aksakovo, Bulgaria.*

1	
Name of the program and website if applicable	"SOCIAL PLATFORM" TUNDZHA "- Opportunities for active inclusion in small settlements of rural area https://www.youtube.com/watch?v=CMbAQoShRNE&list=PLzvdRA6EKoseVkPA0qCq5KNTkS0r_bPMS&index=4
Project manager and contacts	"Municipality of TUNDZHA, Bulgaria; email: contact@tundja.net ; telf. +351 946 661565
Who develops the program and main objectives	"developed under "SOCIAL PLATFORM" TUNDZHA "- Opportunities for active inclusion in small settlements of rural area project, beneficiary municipality of Tundzha. The aim of the project is equal opportunities for independence and social integration of vulnerable groups living on the territory of Tundzha Municipality
Target population and strategies to ensure equity in access and participation in the project	"60 years old or more women and men living in Municipality of TUNDZHA particular elderly people living in small rural settlements . No participants were excluded independent of the background and ethnic provenience." Participants are the members of 40 clubs of retired persons
Detailed description of the type of exercise equipment used and exercise program	<i>The first sports day of a clubs of retired persons was held at the stadium in the village Mezhdha with teams of enthusiasts from six of the settlements of the municipality Tundtza. The Games were held in the form of pentathlon. Each of the teams has measured forces with the others in the disciplines:</i> <ul style="list-style-type: none">• <i>arm wrestling;</i>• <i>tug of war;</i>• <i>darts;</i>• <i>fast walking relay;</i>• <i>beating on penalties.</i>
Detailed description of the qualifications, teaching/supervising	The Games were held as a one-day event on October 23, 2020. It is attended by 69 people in the retirement age. The initiative, as part of the project, is aimed to socially inclusion of the vulnerable groups in the community - children and adults at risk, including those with disabilities, and their families.



expertise, and/or training undertaken by the exercise instructor	Since the initiative is socializing, it is permissible, according to the project proposal is the inclusion in it of other local community planners - residents outside the target groups of the settlements on the territory of Tundzha municipality. The Games were held outdoors - at the stadium in the village Mezhdza, Tundzha municipality.
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	The exercises were carried out in group/teams of each club.
Detailed description of motivation strategies	The holding of the Games is one of the many activities planned under the project to ensure full valuable public environment, which contribute to equal participation and activation of socially vulnerable groups in the community, incl. elderly people, by including them in local socializing initiatives. Its implementation leads to diversity of the life in the settlements of the municipality and the creation of the new contacts among the elderly.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	In addition, in the implementation of the project, in each of the in the settlements of Tundzha municipality were held meetings between the project team and representatives of the local club of the retired, to study interests and desires of the retired in the field of culture, folklore and ethnography. As a result of the exchanged information, certain social initiatives that meet the interests and needs of the inhabitants of the respective settlement. Within the project more than 30 such events are to be held in a different village in the municipality. It will be contributing to the equal opportunities, participation and activation of socially vulnerable groups in the community. The events are very diverse - from folklore concerts, through re-creation of traditions and rites, celebrations, theatrical nits, creative meetings, sessions, culinary holidays, to bridge tournament, all aimed to stimulate active life of the elderly in the municipality.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	There are protocols of game`s play



There is an implementation support manual / script / protocol	No.
Was the project developed to respond to the needs imposed do to COVID-19?	No.
If the answer was NO please report the main changes and future perspectives.	During the Games, many of the participants expressed a desire for such an event to be held in their settlement. In addition, after publication and the broadcasting of information materials about the Olympics and other settlements have shown interest and desire to participate in such type of initiatives. Due to the great interest, after normalization of the situation in the country (caused by COVID-19), most likely the initiative will be multiplied in the other settlements of the municipality.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Public Institute for Sports Nova Gorica, Slovenia*

1

Name of the program and website if applicable	Jutranja telovadba 1000 gibov (Morning exercise 1000 movements); https://solazdravja.com/1000-gibov
Project manager and contacts	Health School Society (Društvo Šola zdravja), Slamnikarska cesta 18, 1230 Domžale, Slovenia, phone number: +386 59932066, email: info@solazdravja.com
Who develops the program and main objectives	<p>The program was developed by Dr Nikolay Grishin. The main objective of the project is to implement it in every municipality, in every town, village and settlement in the country.</p> <p>The program aims to maintain and improve the health of the population. Promoting regular exercise and physical activity, maintaining health for a long independent life, increasing the proportion of the population that is physically active, restoring the will to live of lonely and elderly people, strengthening the psychophysical fitness of the elderly, preventing the progression of chronic diseases, and contributing to reducing the risk of developing depressive and anxiety disorders.</p> <p>The morning exercise program takes place in public areas, anywhere in the open, across Slovenia. For this reason, has at least two other objectives: to increase the proportion of physical activity of socially disadvantaged individuals, especially the unemployed and the elderly, and to create environments that encourage physical activity.</p>
Target population and strategies to ensure equity in access and participation in the project	The program is free of charge, the participants pay only membership fee (€20 per year), so the training is also open to the unemployed and other socio-economically vulnerable groups.
Detailed description of the type of exercise equipment, used and exercise program	<p>There is no exercise equipment, the participants use only their own weight to exercise. Their distinctive and identifying feature is the orange T-shirt.</p> <p>Recently, the program has also included outdoor fitness classes.</p> <p>Exercise is from 7:30 to 8:00 every morning. The physical activity consists of 50 exercises designed to stretch the main muscle groups - arm muscles, shoulder girdle, neck, abdomen, back and legs. Each exercise takes about 30 seconds. The sequence of exercises is chosen according to the rule of progression from easier to</p>



	<p>harder, from known to unknown, from worse to better, from fewer to more repetitions. The exercises are divided into sets: warm-up, arm and shoulder exercises, neck exercises, trunk exercises, balance and leg exercises and leg exercises.</p>
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	<p>Trainers are graduates of the Faculty of Sport, with Kinesiology being the most preferred field of study. The first cycle lasts 3 years and the second 2 years. As part of the Kinesiology program, students study also Exercise for the Elderly, Persons with Chronic Diseases, Acute or Chronic Injuries and Musculoskeletal Disorders.</p> <p>The sessions are also led by older people who started out as practitioners and have been trained to lead the sessions.</p> <p>Every new trainer must also complete a seminar and practical training to learn the concept of the 1000 Movements Method.</p> <p>Currently there are 954 registered trainers.</p>
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	<p>Trainings are performed in groups, usually of 10 members, with a maximum of 50 members. They prefer smaller groups because they are more cohesive. They take place in public areas - playgrounds, meadows, rivers, lakes, seas and other areas.</p> <p>During COVID-19, training sessions were conducted individually via video. Finding that many of the elderly were not computer literate, they contacted local TV stations and broadcast the exercise live every morning. The training was also carried out via ZOOM and other online channels (Facebook, Youtube), so that participants were doing exercises at home.</p>
Detailed description of motivation strategies	<p>The participants and trainers are very connected within the group, motivation takes place within the group, and the participants motivate each other.</p> <p>There been also introduced an annual fitness test. Exercisers are motivated by the desire to progress (Senior fitness test -SFT). Exercisers are also regularly informed about the impact of exercise on their health and well-being.</p>
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	<p>Yes, the Health School Society organizes various trainings and workshops on healthy eating, pain in specific areas of the body, cardiovascular health, correct breathing techniques, improving communication,..</p>
Describe whether the exercises are generic (one	<p>The workout consists of simple movements such as bending, stretching, gripping and pushing away parts of the body, so the exercises are suitable for everyone.</p>



size fits all) or tailored whether tailored to the individual	During the workout, trainers modify the exercises or progression according to the exerciser's response to the workout and how they feel.
There is an implementation support manual / script / protocol	Yes, trainers get a manual to follow the program. However, there are 8 books on the subject and 8 films available for practitioners. In addition, there are cards with a presentation of the exercises. The Society also publishes small booklets on various topics - strength exercises, flexibility exercises, balance exercises, etc.
Was the project developed to respond to the needs imposed do to COVID-19?	No.
If the answer was NO please report the main changes and future perspectives.	The program remains organized in the same way as before. However, instead of exercising outside and in a group, older people exercise individually at home. As the Society noticed that many of the practitioners were not computer literate, they contacted local TV stations and broadcast the training live on TV every morning. The exercise was also broadcast on Facebook and YouTube. The participants within each group are in constant contact by phone. Trainers also regularly call their trainees. During the epidemic, a large number of younger individuals, including children, joined them in exercising. They also note that their members have been very healthy during the COVID-19 epidemic, few have been infected, and they are also holding up very well mentally, as they maintain contact within the groups. Even those who were infected survived well. There were virtually no fatalities.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Public Institute for Sports Nova Gorica, Slovenia*

2

Name of the program and website if applicable	PANGeA - Physical Activity and Nutrition for Quality Ageing; https://www.upr.si/si
Project manager and contacts	University of Primorska, Scientific Research Centre, Institute for Kinesiological Researches, Titov trg 4, Koper, Slovenia; phone number: +3865 611 75 53; e-mail: info@upr.si
Who develops the program and main objectives	The program was developed by the University of Primorska in the framework of the Pangea- Physical Activity and Nutrition for quality ageing, involving several renowned international cost and research organizations (University of Trieste, Municipality of Koper, Municipality of Kranj, National Institute of Public Health of the Republic of Slovenia, General Hospital Izola, University of Udine, Department of Medical and Biological Studies, University of Ferrari, University of Padua , Department of Biomedical Studies, Municipality of Ferrara). The main objective is to improve overall health and reduce the risk of acute injuries and chronic diseases, which have become one of the most serious problems facing older people today.
Target population and strategies to ensure equity in access and participation in the project	Women and men aged between 60 and 80 living in the border area between Slovenia and Italy Participation is open to all, regardless of origin and ethnic background. No specific approaches to participation in the program. A total of 1000 volunteers were involved in the program.
Detailed description of the type of exercise equipment, used and exercise program	We used plastic or wooden sticks, elastic bands, small weighted hand balls, a ball/heavy ball, a balance cushion, a hoop. The program has an 8-week training plan. Each exercise presents a basic version and an upgrade, which includes a thought exercise. Each workout is divided into three parts: the introductory part with the warm-up, which aims to raise the body temperature and prepare the key muscle groups and joints for further work. In the main part we have exercises which maintain or improve strength, flexibility, balance and endurance, combined with additional mental tasks to maintain certain brain functions. The final part is dedicated to relaxation and stretching. Outside gym equipment at the Health Movement Park.



	The Health Movement Park consists of 14 exercise machines, with 1 to 5 exercises per machine. Each station has the recommended number of repetitions, the number of sets and the length of the break.
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	The trainings were supervised by several trainers who were graduates of the Faculty of Sport or who had completed the training as a Level 1 or Level 2 Exercise Animator for the Elderly (course duration: 160 or 240 hours).
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	Group exercise in gyms. Group exercise in Health Movement Parks.
Detailed description of motivation strategies	The motivation program consisted of the following approaches: extensive counseling and information strategies to give participants clear instructions, with an emphasis on the importance of regular and consistent exercise. All participants were also assessed, presented with their good and bad performances .
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	The program also includes workshops on healthy eating and the impact of regular exercise on well-being and health.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Exercises are general and can be customized by the individual. The difficulty and level of difficulty can be set individually. You can increase it by using heavier equipment, increasing the duration of the exercise at the station itself (e.g. from 20 s to 30 s or more), shortening the break between stations (e.g. from 40 s to 30 s or less), or adapting the way you perform each exercise (e.g. by using a different hand position). In the same way, you can adjust the intensity of the exercise equipment in the Health Movement Parks.
There is an implementation support manual / script / protocol	Yes, the guide is available here: https://www.zrs-kp.si/wp-content/uploads/2018/10/Pangea_GIBANJE-ATTIVITA.pdf



Was the project developed to respond to the needs imposed do to COVID-19? No.

If the answer was NO please report the main changes and future perspectives. The program was implemented before the COVID-19 epidemic.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Universidad de Vigo, Spain*

1

Name of the program and website if applicable	Project: Innovative physical rehabilitation program for adults affected by coronavirus (Ageing On).
Project manager and contacts	Project Manager: The Ageing On group of university of the Basque Country/Euskal Herriko Unibertsitatea(UPV/EHU) Components: Ana Rodríguez-Larrad, Jon Irazusta, Miriam Urquiza, Garbiñe Lozano (AgeingOn); Naiara Fernández, Julene Saorinil, Jon Gago, María Urien y Diego Espina (IMQ Igurco).
Who develops the program and main objectives	It is based on a telematics program of physical exercises for the elderly affected by Covid-19 and who are housed residences. The program was developed in collaboration with the special unit of care for patients with Coronavirus that was created together with the Provincial council of Bizkaia in the IMQ-Igurco-UNBE public health center, which gathered people infected from different residences during this health crisis until the beginning of June: Main Objective: To assess the prior physical and psychoactive form of the participants and to assess the subsequent physical and psychoactive form after the physical exercise intervention program in people with Covid-19
Target population and strategies to ensure equity in access and participation in the project	Old adults women and men with Covid-19 residents.
Detailed description of the type of exercise equipment used and exercise program	For two weeks, ten residents carried out daily telematics group sessions of 45 minutes of physical exercise, with main goal of improving functionality and quality of life before returning to their home centers.
Detailed description of the qualifications,	Program made up of people with complementary profiles: Specialists in Sports Medicine, graduates in Pharmacy, Nursing, Biochemistry, Physiotherapy an in Sciences Physical Activity and Sport. Among them there is a high percentage of people with clinical experience.



teaching/supervising expertise, and/or training undertaken by the exercise instructor	
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	Group exercises telematically. The setting was a sanitary centre.
Detailed description of motivation strategies	Motivation strategies are carried out after the first contact with people, by exchanging materials and tools that encourage them and motivate them to practice physical activity and adopt a healthy lifestyle.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	One of the keys to this intervention was the management of personal and material resources to be able to carry out the sessions telematically. The team of professionals of the IMQ Igurco Unbe residential centre managed the space, material and transfer of the participants in order to establish an adequate way of visual and auditory communication between participants and professionals who guided the sessions.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Exercises are generic for all participants.
There is an implementation support manual / script / protocol	No.
Was the project developed to respond to the needs imposed do to COVID-19?	Yes.



**If the answer was NO please ----
report the main changes and
future perspectives.**



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

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Participant Member: *Universidad de Vigo, Spain*

2

Name of the program and website if applicable	Esporti Masters: https://www.geriatricarea.com/2016/02/10/esporti-masters-una-app-que-fomenta-el-ejercicio-fisico-entre-los-mayores/
Project manager and contacts	Scientific manager of the project: Healthy Blue Bits E-mail: hola@healthybluebits.com
Who develops the program and main objectives	Sporti Masters is an app developed to promote physical activity in older adults and promote healthy habits for active aging. It is presented as a tool that helps overcome the classic approach of sedentary and overweight problems of the eldest population. Esporti Masters is a creation of Healthy Blue Bits, an innovative company formed by professionals from the healthcare and IT sector, which has collaborated with health professionals: doctors, nurses, CAFYD graduates (formerly INEF)... so that every detail of the application is supported by their experience. The overall goal is to improve healthy habits and promote physical activity among older people.
Target population and strategies to ensure equity in access and participation in the project	Adults older
Detailed description of the type of exercise equipment used and exercise program	In this game as the person registers his physical activity and depending on the physical effort made accumulates "Esportis" that allow him, once he has enough, to travel back in time to the past to compete in Olympics, from Barcelona '92 to Munich '72, with other players whose physical condition is probably similar. The user can participate in a multitude of activities, since Esporti Masters integrates new ones regarding Esporti Revolution, adapted to the type of population to which this game is aimed, such as Pilates, yoga, tai chi, golf, daily life activities, stretching exercises or Swedish Gymnasia, strength exercises, respiratory physiotherapy, boules, etc., in addition to integration with wearables such as Fit Bit.



Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	The entire Esporti Masters APP is carried out under the supervision of professionals with great experience in specialized care to the elderly.
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	The exercise program is individualized for each person. Each person has in the application their own profile in which Esportis is gained to be able to perform physical activity at different levels. No supervision is done at home.
Detailed description of motivation strategies	Motivation strategies are carried out by winning Esportis (which are won by recording the user's daily physical activity)
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Exercises are generic. The App includes: Pilates, yoga, tai chi, golf, daily life activities, stretching exercises or Swedish Gymnasia, strength exercises, respiratory physiotherapy, boules, etc., in addition to integration with wearables such as Fit Bit.
There is an implementation support manual / script / protocol	No.
Was the project developed to respond to the needs imposed do to COVID-19?	No.



2021-2023

If the answer was NO please report the main changes and future perspectives. Not applicable.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Universidad de Vigo, Spain*

3

Name of the program and website if applicable	Rosita Longevity (App) http://heartsradiant.com
Project manager and contacts	Scientific manager of the project: Balneario de Cofrentes. Made up of: Clara Fernández Porta, David Gil Pérez, Juan Cartagena
Who develops the program and main objectives	Rosita is a longevity app that helps you create healthy habits so that in 10 years you are not 10 years older. They help older people increase their physical, mental and social activity through healthy habit activities. Rosita is a project developed by the Cofrentes Spa within its longevity school. This app is incorporated into the resources that the La Vega Community offers to the elderly for the improvement of health conditions and personal well-being. The overall goal is to create healthy habits, improve the quality of life with free home exercises.
Target population and strategies to ensure equity in access and participation in the project	Adults older than 60 years
Detailed description of the type of exercise equipment used and exercise program	Rosita selects home training based on your level of activity, pain, fragility, pathologies, weight and offers you many live classes, and at different times, online exercise in which to do sports and training at home with other people of the same level. No specific equipment or material is needed. Exercises at home for the elderly with Rosita: Yoga, Home Mobility Training to Relieve Joints Stretching Exercises to Gain Flexibility, Pilates Classes at Home to Improve Fitness, Dancing in the Living Room with Dances How to: Salon or Zumba dances, Swing, sevillian, jazz, ballet or salsa, Karate and Taichi for elderly Weight loss and fat burning exercises, Women exercises: Specific for pelvic floor. In addition to routines to improve healthy habits. Home training adapted to different pathologies: + Knee osteoarthritis exercises + Neck and cervical pain exercises



	<ul style="list-style-type: none">+ Arthritis exercises+Fragility exercises+Back and lower back pain or lumbago exercises+Hip prosthetic and hip pain exercises+Obesity exercises+Exercises for balance and reducing falls+Sciatica exercises
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	<p>The entire Rosita Longevity APP is carried under the supervision of professionals with more than 30 years of experience in health and longevity. They are experts in the exercise methodology at the School of Longevity of Cofrentes with 15 thousand seniors per year.</p> <p>The Exercises will be supervised by a team of physicians, therapists, psychologists, nutritionists and neuroscientists so that home training for adults has the level you need.</p>
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	<p>The exercise program is individualized for each person, although they can do it to the same person sees another older person and talk to each other while doing physical activity. Exercises that develop are:</p> <ul style="list-style-type: none">– Exercise and fragility.–Breathing and rest.–Nutrition and food.–Social entertainment and emotional health.– Cognitive stimulation.
Detailed description of motivation strategies	none
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	No equipment or material is needed to perform these exercises.
Describe whether the exercises are generic (one size	Exercises are generic, not specific to each person. But within being generic they will be specific to each pathology presented by the elderly.



**fits all) or tailored whether
tailored to the individual**

**There is an implementation
support manual / script /
protocol**

No.

**Was the project developed to
respond to the needs
imposed do to COVID-19?**

No.

**If the answer was NO please
report the main changes and
future perspectives.**

Not applicable.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Universidad de Vigo, Spain*

4

Name of the program and website if applicable	Project ViviFrail https://vivifrail.com/es/proyecto/
Project manager and contacts	Scientific manager of the project: Mikel Izquierdo Organización: Universidad Pública de Navarra E-mail: vivifrail@vivifrail.com
Who develops the program and main objectives	<p>ViviFrail is based on the idea that health in older people should be measured in terms of its functionality, and not as a disease that determines life expectancy, quality of life, and the resources or supports each person needs.</p> <p>It consists of an educational program on fragility and the importance of prescribing physical exercise and nutrition for its prevention of fragility and falls.</p> <p>The project is co-financed by the European Union (ERASMUS) and coordinated by Professor Mikel Izquierdo (University of Navarra) with the collaboration of five partners from five different countries: Germany, Italy, England, France and Spain. All of them have great experience, clinical and research, in specialized care to the elderly. It is also supported by the World Health Organization.</p> <p>The main goal is to increase knowledge about the prescription of physical exercise to maintain functionality that allows as much autonomy as possible to the patient, as well as promoting participation and equal access to sport among the elderly.</p>



Target population and strategies to ensure equity in access and participation in the project	<p>70 years old or more women and men.</p> <ol style="list-style-type: none">1. Create a protocol for health, sport, education and social care professionals, helping them detect physical fragility and the risk of falls, based on the transnational meetings to be held by partners.2. Design, develop and distribute material on the beneficial effects of physical exercise for the elderly, and the practical way to put it into practice at home.3. Develop a program of basic multi-component exercises, also electronically, so that they can develop the exercise program through new technologies and the Internet, in their own home. 4. Create, evaluate and implement clear exercise protocols to perform with the hospitalized patient, in their immediate environment (bed, bedroom, lobby, floor).
Detailed description of the type of exercise equipment used and exercise program	<p>Researchers designed a training program that combined strength, gait and balance, while avoiding fragility and decreasing the risk of falls. . To this end, protocols are developed for the prescription of a multi-component exercise program. These interventions include the work of resistance, balance and coordination, as well as multi-component exercises that include resistance. In turn, changes in lifestyle habits associated with physical exercise were promoted in fragile patients, at risk of disability; and technological applications, teaching materials and tools were developed to support the prescription of physical exercise programmes in this population. An initial test (VIVIFRAIL test) will be carried out which allows to determine the type of multi-component physical program most appropriate and recommended to the functional capacity and risk of falls of the elderly person as well as to determine its category. The VIVIFRAIL test consists of assessing functional capacity using the SPPB and a battery of 4 tests to assess the risk of falls. Depending on the category, the duration of the daily program is different. High level: 12 weeks 45-60 minutes of daily exercise. Lower level: 12 weeks 30-45 minutes of daily exercise.</p>
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	<p>The entire ViviFrail program is run by a Doctor of Physical Activity and Sport Sciences, in coordination with 5 partners all with great experience, clinical and research, in specialized care to the elderly.</p>
Describe whether exercises are performed individually or	<p>The exercise program is individualized for each person. Depending on the functional level and risk of falls that each participant has, up to six different types of physical exercise programs may be downloaded. It is a program</p>



in a group and the setting in which the exercises are performed	that can be done in any environment, whether at home, on the street, health center etc. No supervision is done at home.
Detailed description of motivation strategies	Motivation strategies are carried out after the first contact with people, by exchanging materials and tools that encourage them and motivate them to practice physical activity and adopt a healthy lifestyle.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	Beyond the initial test to determine the degree of functionality of each eldest person, the participants of the program also receive a passport that depending on the functionality of each will be of 6 types (being type A the lowest functionality and type D the most functionality). Inside there is a schedule with physical exercise wheels specific to each functional level that include the type of exercise, series and repetitions that must be performed each week.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Exercises are generic. Although the program can be adapted to the individual functional capabilities, but not specific to each person. They are only individualized depending on the degree of functionality of the elderly person without having a tailor-made program for each individual, but there is a tailor-made program depending on the level of functionality. The program includes balance, strength, and resistance exercises where time, volume and type, frequency, as well as progression are defined.
There is an implementation support manual / script / protocol	The multi-component program was built according to the available evidence and the studies of the project builders themselves, who defined this physical exercise program. Mikel Izquierdo, Fabricio Zambom-Ferraresi, Mikel L Sáez de Asteasu, Nicolás Martínez-Velilla, Robinson Ramirez-Vélez, Antonio García-Hermoso, Alvaro Casas-Herrero, Alan Sinclair, Leocadio Rodríguez-Mañas. (2021). VIVIFRAIL: A multi-component physical training program to prevent weakness and falls in people over 70 years. British Journal of Sports Medicine.
Was the project developed to respond to the needs imposed do to COVID-19?	No.
If the answer was NO please report the main changes and future perspectives.	The project has started at January 2015 and finished in December 2017.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Universidad de Vigo, Spain*

5	
Name of the program and website if applicable	Project Vital Ageing or Living with Vitality M [®]
Project manager and contacts	Scientific manager of the project: Rocio Fernández-Ballesteros E-mail: r.fallesteros@uam.es Organization: The project was carried out under the auspices of the Socrates-Minerva Programme of the European Union with the collaboration of the consortium between NETTUNO (Italy), the Autonomous University of Madrid, the Gerontology Institute of the University of Heidelberg (Germany) and the collaboration of the Open University (United Kingdom). http://www.envejecimientoactivo.es/
Who develops the program and main objectives	Living with Vitality is an evidence-based program that aims to promote knowledge and skills on how to age well through four essential areas: caring for body, mind, affection and control, and getting involved with life. The project is developed by Rocio Fernández- Ballesteros and carried out under the auspices of the Socrates-Minerva Programme of the European Union with the collaboration of the Consortium between NETTUNO (Italy), the Autonomous University of Madrid, the Institute of Gerontology of the University of Heidelberg (Germany) and the collaboration of the Open University (United Kingdom) The general objective of the program is to promote positive aging (active, successful, competent, satisfactory, or optimal).
Target population and strategies to ensure equity in access and participation in the project	60 years old or more women and men.



Detailed description of the type of exercise equipment used and exercise program	Living with Vitality-M" consists of 50 hours of video lessons, distributed in 22 topics, most of which are dispensed over two sessions of 40 minutes each with a 15-minute break between each session. Therefore, the application of each lesson lasts about 2 hours. The multimedia program carries with it the presentation of the material, the exercises or tests proposed in the lessons and transparencies used in the lessons on the Internet: (www.uninettuno.it/vitalagell/frameset.htm). Participants have the ability to make contact with tutors remotely (by phone or email).
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	The entire Living with Vitality program is carried out under the supervision of experienced professionals, clinical and research, in specialized care to the elderly.
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	The exercise program is individualized for each person. It is a program that can be done in any environment, whether at home, on the street, health centre etc. No supervision is done at home.
Detailed description of motivation strategies	Motivation strategies are carried out after first contact with people and during sessions by exchanging materials and tools that encourage them and motivate them to practice physical activity and adopt a healthy lifestyle.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioural therapy, etc)	Without information.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Exercises are generic. The program includes warm-up exercises (dynamic exercises/joint mobility), toning (upper train and lower train) and cooldown.



There is an implementation support manual / script / protocol	Without information.
Was the project developed to respond to the needs imposed do to COVID-19?	No.
If the answer was NO please report the main changes and future perspectives.	Without information.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: ZOLDPONT, Hungary

1	
Name of the program and website if applicable	Movement-experience for seniors (Mozgásélmény szenioroknak) - https://masport.hu/mozgaselmeny-szenioroknak/
Project manager and contacts	Magyar Szabadidősport Szövetség, Fidel-Mészáros Zsuzsanna +36 30 921 2423
Who develops the program and main objectives	The Hungarian Leisure Sport Association (Magyar Szabadidősport Szövetség) started an online training program for the elderly at 2019 March. They developed the program to aim to make regular sport opportunity for the elderly in the time of COVID-19 infection with the support of professional trainers.
Target population and strategies to ensure equity in access and participation in the project	The program offers more kind of training lessons in more difficulty levels day by day. The trainers mainly work with older (above 60 years) participants but younger people with difficulties in their movement can also join. The easier trainings aim the older and less fit participant. The trainings were taken through online live video twice a day so everybody can join. In the first year more than 14.000 participants joined at least one training.
Detailed description of the type of exercise equipment used and exercise program	In the online training there are many kinds of lessons: strength training (sometimes with tools like stick, ball, rubber bands etc.), stretching, back training, dancing aerobic, balance training, "Nordic walking".
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Six trainers hold the lessons. They have different background in sport: physical activity teachers, more kind of trainers, instructors but they all have at least 5 years experience in elderly training – more of them have been doing it for 10-20 years.
Describe whether exercises are performed individually or in a group and the setting in	These are individual trainings: every participant doing it at home in front of a tv/computer where they can follow the instructions of the trainer through live video call. Every day there is one training in the morning and another one in the afternoon.



which the exercises are performed	
Detailed description of motivation strategies	This training opportunity is a great help for the elderly who cannot go out in the days of COVID-19 infection. They can join every training they can and would like to do free of charge. There are specific days a few times a year when there are trainings all days, for example in February 2021 they organized "Movement carnival" with lots of dancing lessons.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	In the webpage there are more educational brochures about how the elderly should do exercises, what kind of training good for their health and why. They can also read about healthy foods and eating.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	The trainings are generic in a lesson (but trainers usually offer easier variant of the exercises), but there are many kinds of lessons in 3 difficulties (easy, advanced, hard), so everybody can find suitable lessons.
There is an implementation support manual / script / protocol	Yes, on the webpage there is a manual about the program: https://masport.hu/wp-content/uploads/2020/05/mozgaselmeny-szenioroknak-program_utmutato.pdf
Was the project developed to respond to the needs imposed do to COVID-19?	Yes.
If the answer was NO please report the main changes and future perspectives.	Not applicable.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: ZOLDPONT, Hungary

2

Name of the program and website if applicable	Rákoskert senior activity project - https://makka.sport.hu/
Project manager and contacts	Kriszta Kovács, MAKKA Szabadidősport Egyesület +36 30 555 1344
Who develops the program and main objectives	Kriszta has 20 years experience in elderly trainings, she developed the training structures. She aimed to make adapted exercise opportunities for the elderly population in 17. ^o districts of Budapest to increase their health through sport.
Target population and strategies to ensure equity in access and participation in the project	This special senior program addressed to the elderly peoples in one of the township in Budapest (Hungary), who are basically over 60 years, but other citizens, mostly mothers and housewife's, too.
Detailed description of the type of exercise equipment used and exercise program	The program involved nordic walking, swimming and senior trainings regularly, hiking trips occasionally. There is also "water Nordic walking", which is dedicated for the elderly people who are limited in their movement. Weekly regularity has the senior gymnastic system with balance training, chair-gymnastic, and general gymnastic for beginner and advanced participants.
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Due to the trainer's experience in elderly training, she suits the exercises to the actual participants. Trainings are held in groups, with usually 15-20 people.
Describe whether exercises are performed individually or	The supervised trainings are carrying out in a training room or swimming pool. Home-based videoconference training is of course individual in COVID-19 period.



in a group and the setting in which the exercises are performed

Detailed description of motivation strategies

In this project the main motivation factor is the group as a social meeting point. The elderly spend lots of time alone but this programs give them opportunity to meet each other and also make new friends. Weekend “extra” programs are also not rare between them. Suffice it to say that regular physical activity makes the participants more fit and healthy, which is also a great motivation for them.

Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)

Sometimes but regularly the trainer organize lectures with professionals in the topic of the aspects of healthy lifestyle.

Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual

The trainings are generic in a lesson, but trainers usually offer easier variant of the exercises.

There is an implementation support manual / script / protocol

No.

Was the project developed to respond to the needs imposed do to COVID-19?

No.

If the answer was NO please report the main changes and future perspectives.

Group training in the gym was cancelled. Instead of them videoconference trainings are carrying out. Nordic walking trainings begin in smaller groups and outdoor.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: ZOLDPONT, Hungary

3

Name of the program and website if applicable	Senior “Joydance” Hungary (Szenior Örömtánc Magyarország) - https://www.szeniortanc.hu/
Project manager and contacts	Csirmaz Szilvia, csirszil@gmail.com
Who develops the program and main objectives	<p>This kind of dance was developed by Ilse Tutt who was a German teacher. She started this kind of public dance clubs in 1945 in Sachsen-Anhalt province. After 1980 she made the movements able to dance by the elderly.</p> <p>The main objective was to teach dance to older people in order to make their life better, healthier, happier and increase their social life in an active way.</p> <p>Nowadays special trainings are needed to teach “Joydance” all around in the world. The Hungarian community has more than 150 places to dance with instructors.</p> <p>The slogan of the program: “Exercise – Joy – Brain-training”</p>
Target population and strategies to ensure equity in access and participation in the project	The activity addresses the elderly without age or sex limits. There are not any pairs so people can join alone as well. There is a special kind of joydance for very old, handicapped people or participants in wheelchairs which can be done in sitting position.
Detailed description of the type of exercise equipment used and exercise program	<p>First the instructor shows the short choreography to participants can memorize it. Then they start to practice it with a special, so-called rhythmic speech and then comes the real dance. These moves and choreography are not so difficult to learn and dance, the main goal is the activity and social life. Moreover, there are studies which shows how effective it is to delay dementia and Alzheimer’s disease.</p> <p>The events are held once or twice a week for one or one and half hour long - depends on the place and instructor. They do not use any equipment, but appropriate music needed.</p>
Detailed description of the qualifications, teaching/supervising	<p>There is a special training for instructors basically in Germany – Austria but in the past several years Hungarian courses were carried out too.</p> <p>In the COVID period there were online courses also.</p>



expertise, and/or training undertaken by the exercise instructor

Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed

The trainings are always in groups basically.

Detailed description of motivation strategies

The elderly spends lots of time alone but these programs give them opportunity to meet each other to extend their social life which is a huge motivation factor.

Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)

None.

Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual

This dance was developed for the elderly, contain easy choreographies with just some movement. The trainings usually one sized for the whole group.

There is an implementation support manual / script / protocol

No.

Was the project developed to respond to the needs imposed do to COVID-19?

No.

If the answer was NO please report the main changes and future perspectives.

Group training are cancelled but there are online dance lessons. The instructors' course was also held in online platforms.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Comune di Cesena, Italy*

1

Name of the program and website if applicable	CESENA CAMMINA (CESENA WALKS)
Project manager and contacts	Municipality of Cesena, Health Regional Agency (AUSL) and Italian Alpin Club (CAI) http://www.comune.cesena.fc.it/cesenacammina
Who develops the program and main objectives	The program has been developed by Italian Alpin Club (CAI) and Health Regional Agency (AUSL). It consists in walking around the city together with other people.
Target population and strategies to ensure equity in access and participation in the project	No participants were excluded.
Detailed description of the type of exercise equipment used and exercise program	There are 11 different routes in the city streets and in the immediate neighbourhoods. The groups are divided in different levels because the idea of this project is to be appreciated and used not just for trekking lovers but also for citizens and families.
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Participation is free. It is required to comply with the instructions of the accompanying person: to follow the path of the driver, who is equipped with a high visibility torch, on the sidewalks, above and underpass, pedestrian crossings. It is important to observe the highway code, wear the retro-reflective strap and use batteries. The function of the chaperones is to try to minimize the risk by giving visibility to the group, with the use of torches, asking however those who participate, in addition to compliance with the highway code, attention, prudence and collaboration.
Describe whether exercises are performed individually or in a group and the setting in	It's a group physical exercise and there're not training teachers



which the exercises are performed	
Detailed description of motivation strategies	<p>Adhering is easy: it is free, at a suitable time, it does not include access formalities, it is within the reach of all those who can walk, it is adaptable. It therefore fully responds to the “Gain health” project which has the slogan “make health choices easy”.</p> <p>It is socializing. It allows you to connect and reconnect with other people, it helps to expand your friendships. It is not sanitized. No medical certificate is required, health is just one of the advantages. It finds out that to stay healthy, you do not need doctors and medicine.</p> <p>It’s cheap and creates value. It uses social capital, which if used well increases more and more. It rediscovers the value of simple things like being together and rediscovering its own territory.</p> <p>It’s funny. You struggle with a smile; it favours the production of endorphins which improve mood and contrast depression.</p>
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	Without information.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Participants are divided into groups according to their level of preparation.
There is an implementation support manual / script / protocol	There’s a map with 11 different routes.
Was the project developed to respond to the needs imposed do to COVID-19?	No, just adapted to the new reality
If the answer was NO please report the main changes and future perspectives.	It’s a group activity and at the moment due to COVID-19 it’s suspended.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

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Participant Member: *Comune di Cesena, Italy*

2

Name of the program and website if applicable	EMAF European Masters Athletics Festival for Silver Age
Project manager and contacts	Italian Athletics Federation http://www.fidal.it/content/PROGETTO/125235
Who develops the program and main objectives	The project is developed by Italian Athletics Federation and supported by Erasmus+ Programme.
Target population and strategies to ensure equity in access and participation in the project	60 years old or more women and men from Italy, Austria, Germany, Latvia, Rumania, Spain, France, Slovakia, Denmark and Portugal
Detailed description of the type of exercise equipment used and exercise program	The project aims to organize an important sporting event dedicated to the masters of athletics destined for OVER 60, coming from over 10 European countries including Italy, Austria, Germany, Latvia, Romania, Spain, France, Slovakia, Denmark, Portugal. Athletes and companions participate in athletics competitions, seminars and socio-cultural initiatives, with the strategic aim of increasing the participation of OVER 60 athletes in sports competitions
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Without information.
Describe whether exercises are performed individually or in a group and the setting in	There will be two team rankings, one for men and one for women.



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which the exercises are performed	The final team ranking will be the sum of the best 7 scores per specialty (according to the Italian Federation of Athletics tables). There are no participation limits but for each athlete a maximum of 3 scores can be considered. The first six athletes by score of each specialty will be awarded at the end of each competition session.
Detailed description of motivation strategies	Without information.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	Without information.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Without information.
There is an implementation support manual / script / protocol	No.
Was the project developed to respond to the needs imposed do to COVID-19?	No.
If the answer was NO please report the main changes and future perspectives.	Due to COVID-19 the event has been postponed.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

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Participant Member: *Comune di Cesena, Italy*

3

Name of the program and website if applicable	MUOVITI CHE TI FA BENE (MOVE IS GOOD FOR YOU)
Project manager and contacts	Municipality of Cesena, Health Regional Agency (AUSL), Technogym and the Wellness Foundation) http://www.comune.cesena.fc.it/muoviti
Who develops the program and main objectives	The project is developed by the Municipality of Cesena together with the Health Regional Agency (AUSL), Technogym and the Wellness Foundation. It offers the inhabitants of Cesena the opportunity to perform free physical activity in 14 parks in Cesena.
Target population and strategies to ensure equity in access and participation in the project	All citizens have the opportunity to participate in the initiative. Different disciplines are carried out for different age groups, even for seniors over 65
Detailed description of the type of exercise equipment used and exercise program	The main activities are: Gymnastics and stretching (the activity of gymnastics and stretching is proposed as an approach to medium-intensity exercise. The main objective is to enhance the aerobic and general strength activities, but also to carefully cure the relaxing appearance thanks to stretching methods); Slow Walk Activity (for people who have physical and motor difficulties, walks are organized followed by a coach); Yoga and Yoga / Pilates (the combination of the relaxing characteristics of yoga with the more dynamic toning and lengthening of Pilates creates a benefit that has immediate effects on all muscles, joints and balance); Tai Chi (execution of a series of slow, soft and circular movements that gradually help to calm the mind, moving the body in a relaxed and conscious way, calming the breath. Improves posture and has beneficial effects on the nervous system and on the circulation); Nordic Walking (trains all the main muscle groups also involving the upper part of the body thanks to the use of sticks, helps to lose weight by burning more calories than the classic walk, is excellent for cardiovascular health and does not overload the joints);



Gentle gymnastics (characterized by slow and gradual movements that have a delicate impact on the muscles, ligaments and joints. The goal is a global involvement of the body for a complete muscular activity);
Play children (a recreational / motor activity for children aged about 5 to 10 years, which offers games aimed at developing a better awareness of their body, taking advantage of the natural scenery of the park. In this way adults can follow the course, leaving their children to an experienced instructor);
Functional gymnastics (a training aimed at improving the movement of the entire body and not of the individual muscular district. The movements performed simulate the common daily gestures, engaging the control of the body, the activity of the abdominal belt and the muscular one of the hip. The activity to encourage the participation of mothers is simultaneously with the course of "Gioca Bimbi").

Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor

All training sessions are conducted in groups by a trainer

Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed

It's a group physical exercise

Detailed description of motivation strategies

Adhering is easy: it is free. Due to limited places some activities require early registration. Participants must be equipped with a mat and a great desire to have fun while exercising.
It is socializing. It allows you to connect and reconnect with other people, it helps to expand your friendships.
It's cheap and creates value. It uses social capital, which if used well increases more and more. It rediscovers the value of simple things like being together and rediscovering its own territory.
It's funny. You struggle with a smile, it favors the production of endorphins which improve mood and contrast depression.

Describe whether there are any non-exercise components

Without information.



(e.g. education, cognitive behavioral therapy, etc)	
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Supervised group training sessions.
There is an implementation support manual / script / protocol	There's a detailed program of training sessions.
Was the project developed to respond to the needs imposed do to COVID-19?	No, just adapted to the new reality.
If the answer was NO please report the main changes and future perspectives.	Due to COVID-19 a limited number of participants take part to each training session.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Comune di Cesena, Italy*

4

Name of the program and website if applicable	Physical ACTivity: the tool to improve the quality of LIFE in osteoporosis people. https://site.unibo.it/actlife/en/project
Project manager and contacts	Laura Bragonzoni – laura.bragonzoni4@unibo.it – University of Bologna
Who develops the program and main objectives	The consortium developed the exercise program. The protocol aims to reach fitness by improving muscular strength, range of motion (ROM), and muscular elasticity, as well as aerobic and balance capacity
Target population and strategies to ensure equity in access and participation in the project	Women with osteoporosis For each participant to the exercise program will be registered in a logbook. For the gym group training the attendance will be registered in the logbook by the trainer at the beginning of each gym session. Patients will also be given a logbook to record “additional recommended activities”. For the individual home training group the execution of exercise sessions will be recorded in the logbook by the patients themselves. Participants will be requested also to record in the same logbook the recommended “additional recommended activities” they might have performed in addition to the ACTLIFE exercise program.
Detailed description of the type of exercise equipment used and exercise program	Type of exercise equipment: - Resistance Band; - Dumbbells - Mat - Stick
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Graduate trainer in Science and Techniques of Preventive and Adapted Physical Activity. Knowledge on different exercise for people with osteoporosis and the ACTLIFE exercise protocol.



Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	<p>In the first group the physical activity (PA) program is performed in a group in a gym (Gym Group Training-GGT), with activity sessions conducted by a trainer graduated in Science and Techniques of Preventive and Adapted Physical Activity (STPAPA);</p> <p>In the second group the same PA program is performed at home individually (Individual Home Training-IHT), without the supervision of a trainer during the exercise session. A trainer graduated in STPAPA will teach participants the exercise program and will assure regular contact with the participants to guarantee and adequate adaptation and progression of the workload.</p>
Detailed description of motivation strategies	<p>For IHT, the trainer will contact the participants at pre-established time intervals (once a week for the initial two weeks; then once after one month.</p> <p>Moreover:</p> <ul style="list-style-type: none">- Educational material concerning the correct way to perform each exercise and the purpose of the exercises that have been taught.- A telephone number and the week time schedule in which a trainer will be available for further explanations and suggestions.- Monthly logbooks, one for each month of the study, to register home exercise sessions. <p>For GGT, trainer will remind each participant of the lesson times and take attendance.</p>
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	No.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	The exercised are generic but the trainers use the FITT method (frequency, intensity, time, and type)
There is an implementation support manual / script / protocol	The exercise book available on the website.



Was the project developed to respond to the needs imposed do to COVID-19? No.

If the answer was NO please report the main changes and future perspectives. GGT performed physical activity online with the trainer supervision.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Comune di Cesena, Italy*

5

Name of the program and website if applicable	Physical ACTivity after hip or knee replacement https://site.unibo.it/pair/en/project
Project manager and contacts	Laura Bragonzoni – laura.bragonzoni4@unibo.it – University of Bologna
Who develops the program and main objectives	The consortium will implement the exercise book. The protocol aims to reach fitness by improving muscular strength, range of motion (ROM), and muscular elasticity, as well as aerobic and balance capacity.
Target population and strategies to ensure equity in access and participation in the project	Persons have undergone THR or TKR for primary osteoarthritis. For the intervention groups (IG) the attendance will be registered in the logbook by the trainer at the beginning of each gym session. Persons will also be given a logbook to record “additional recommended activities”.
Detailed description of the type of exercise equipment used and exercise program	Type of exercise equipment: - Resistance Band. - Dumbbells. - Mat. - Proprioceptive device.
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Graduate trainer in Science and Techniques of Preventive and Adapted Physical Activity Knowledge on different exercise for people with total knee or total hip arthroplasty
Describe whether exercises are performed individually or in a group and the setting in	The intervention groups the physical activity (PA) program is performed in a group in a gym or online (depend on situation) with activity sessions conducted by a trainer graduated in Science and Techniques of Preventive and Adapted Physical Activity.



which the exercises are performed	
Detailed description of motivation strategies	The trainer will remind each participant of the lesson times and the attendance will be registered.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	Not applicable.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	The exercises are generic but the trainers use the FITT method (frequency, intensity, time, and type).
There is an implementation support manual / script / protocol	Exercise book.
Was the project developed to respond to the needs imposed do to COVID-19?	No.
If the answer was NO please report the main changes and future perspectives.	The project is currently recruiting and those that already enrolled the project performed physical activity online with the trainer supervision.

**Review of physical activity programs for healthy older adults based on the territorial context of each partner country.**

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Participant Member: *Municipality of Vila Nova de Cerveira, Portugal.*

1

Name of the program and website if applicable	STOP-AGEING
Project manager and contacts	Department of Sport Sciences at the University of Beira Interior (UBI); email: mariomarques@mariomarques.com; tel. +351 931 182 733
Who develops the program and main objectives	The STOP-AGEING program is developed by the Department of Sport Sciences at UBI. The general objective of the program is to promote the practice of physical exercise on a regular basis in institutionalized elderly people and in day care canthers in Cova da Beira region - PORTUGAL.
Target population and strategies to ensure equity in access and participation in the project	The STOP-AGEING program includes elderly institutionalized and in day canthers in Cova da Beira region. The program tries to cover the largest number of participants, if they show willingness to participate and do not have severe physical and cognitive limitations that could be impaired by performing the exercises that are part of the program. A total of 50 participants residing in the Residential Structures for the Elderly of Santa Casa da Misericórdia do Fundão (SCMF) have been involved in the program since January 2018.
Detailed description of the type of exercise equipment used and exercise program	The training sessions start with a 10-minute general warm-up performed on a treadmill or recumbent bicycle at a low-moderate intensity. Then, the main part of the training is performed (25 minutes), consisting of different exercises such as the horizontal leg press, chest press, leg extension, throwing the medicine ball, squatting in the chair with and without weight, walking with and without weight, contouring obstacles, going up / down platforms and playful games of cognitive stimulation. The final part of the training is dedicated to returning to the 5-10-minute calm on the treadmill or recumbent bicycle at a low intensity, followed by stretching.
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	All training sessions are supervised by 3 coordinators of the intervention of STOP-AGEING program, by 2 physical exercise technicians from Santa Casa da Misericórdia do Fundão and by trainee students from the Sport Science course at UBI. It is intended that in the training sessions the supervisor-practitioner ratio is always 1:1, in order to guarantee an adequate follow-up and that the exercises are performed correctly.



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Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	From Monday to Friday, between 9:30 am - 12:00 pm and 2:00 pm - 4:30 pm, several training sessions are held with the different groups defined, each consisting of 5 participants. Each group performs two weekly training sessions (duration: 45 minutes), with an interval of 48 hours between sessions. The training sessions are held in an activity room located at the Hotel Sênior Príncipe da Beira of Santa Casa da Misericórdia do Fundão.
Detailed description of motivation strategies	In the STOP-AGEING program, various motivation strategies are defined, which include personalized monitoring, constant communication, and presentation of results of evaluation tests. The latter, when presented to users, allow them to understand the effects and benefits produced by the practice of physical exercise in the physical and cognitive component.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	No.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	In all training sessions, the average speed of the strength exercises is measured and controlled using a linear speed transducer in the exercises performed on variable resistance machines. Obtaining the data in real time allows us to individualize the training volume (number of repetitions performed) and adjust the training load whenever the speed does not correspond to the programmed relative load (for example, 40 or 60% of the maximum load).
There is an implementation support manual / script / protocol	Not applicable.
Was the project developed to respond to the needs imposed do to COVID-19?	No
If the answer was NO please report the main changes and future perspectives.	In view of the pandemic situation COVID-19, the STOP-AGEING program implemented online intervention programs, as a way to solve the problems caused by social confinement. In addition to face-to-face monitoring by health professionals from the different Residential Structures for the Elderly of SCMF, there is also online monitoring by the intervention coordinators of the STOP-AGEING program and by the trainee students of the Sport Science course at UBI.



Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

Aim: Literature review to obtain a better understanding on Physical Activity intervention among healthy older adults to design and implement the data collection on physical activity programs in each participating Member State.

Participant Member: *Municipality of Vila Nova de Cerveira, Portugal.*

2

Name of the program and website if applicable	Projeto VirtuALL - Simbiose entre Inovação, Envelhecimento e Qualidade de Vida (VirtuALL Project - Symbiosis between Innovation, Aging and Quality of Life) POISE-03-4639-FSE-000299 http://www.adelo.pt/index.php/virtuall/virtuall-apresentacao
Project manager and contacts	AD ELO – Bairrada and Mondego Local Development Association, Portugal; email: geral@adelo.pt virtuall@adelo.pt ; telf. . +351 231 419 550 +351 914 007 124
Who develops the program and main objectives	VirtuALL assumes itself as a strategic and promising vision to face the current challenges of an aging society. The project is developed by AD ELO in cooperation with Municipality of Cantanhede, Municipality of Figueira da Foz, Municipality of Mealhada, Municipality of Mira, Municipality of Montemor o Velho and Municipality of Penacova, all from the Coimbra Region, Center of Portugal. The main goal is to promote and develop several ecosystems that privilege the technology with the replication and development of good practices in the area of active and healthy aging.
Target population and strategies to ensure equity in access and participation in the project	65 years old or more women and men living in the six municipalities: Cantanhede, Figueira da Foz, Mealhada, Mira, Montemor o Velho and Penacova. No participants were excluded independent of the background and ethnic provenience. All participants are indicated and signaled from the municipalities. To the end of the project, it's estimated to enroll more than 400 participants.



Detailed description of the type of exercise equipment used and exercise program	Physiosensing, a balance and pressure assessment platform, and PEPE, Portable Exergame for Elderly people, are the main equipment used. Both equipment have pre-defined exercises and games that are explored during the sessions. In general, the VirtuALL program consists of 1 / 2h sessions (once a week for 5 weeks). For each session, different themes are explored through different dynamics. All sessions have the purpose of education and / or exercise. The exercises with equipment are carried out in an informal, nonspecific and playful / recreational way. One of the sessions is exclusively for the promotion of exercises, with specific education, discussion and execution of a selected home program, including strength, balance and resistance exercises.
Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	The entire VirtuALL program is conducted by a Psychologist, PhD, a Physical Therapist, BSc and a Geographer, MA. The exercise program is conducted by the Physical Therapist, who have 7 years of experience of group training sessions.
Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	There are two type of performances: using the technologic equipment and the home-based program. The first one is performed individually, following the chosen game and/or exercise. The home-based exercise program is exemplified the first time in a group training (in one VirtuALL session), and performed individually by each participant, ideally twice a week. No supervision is made at home.
Detailed description of motivation strategies	Motivational strategies are carried out during the sessions and after the first contact with people, through the sharing of materials and tools that encourage and motivate them to practice physical activity and adopt a healthy lifestyle.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	Beyond the group training session participants also received the VirtuALL Passport, a motivational book created by the project to stimulate and help during the practice. Inside there are a performance schedule for exercise and the VirtuALL's commitment card, which consists of a written commitment by each participant to achieve the goals they set for themselves.
Describe whether the exercises are generic (one size	Using the technologic equipment, all the exercises and/or games, can be adapted by changing the time, speed and difficulty. The home-based program is standardized, including balance exercises, strength exercises and endurance exercises. There are no frequency, intensity, time, type, volume or progression defined.



fits all) or tailored whether tailored to the individual

There is an implementation support manual / script / protocol Yes. PEPE and Physiosensing software's were constructed according to available evidence and that were defined by the constructors.
The home-based program is in accordance with Silva, C., 2014 (<https://comum.rcaap.pt/bitstream/10400.26/14520/1/Catarina%20Alexandra%20Gomes%20da%20Silva.pdf>)

Was the project developed to respond to the needs imposed do to COVID-19?

No.

If the answer was NO please report the main changes and future perspectives.

The project has started at April 2019 and were adjusted to COVID-19, maintaining the same procedures and protocols as before COVID-19.
However, the mode of action has been adapted to the current circumstances: the number of participants per session has decreased, the time per session has also been reduced, all hygiene and safety rules has taken, and the sessions have also been changed to the online format.

Review of physical activity programs for healthy older adults based on the territorial context of each partner country.

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Participant Member: *Municipality of Vila Nova de Cerveira, Portugal.*

3

Name of the program and website if applicable	Intergenerational Olympics 2015! For a more inclusive sport, without Borders, Age or Gender! http://www.olympics4all.eu/info/retrospective.php
Project manager and contacts	Manuela Ferreira Municipality of Vila Nova de Cerveira email: Investimento.adl@cm-vncerveira.pt telf. +351 251708020”
Who develops the program and main objectives	The project approved in 2015 by the ERASMUS + program, had as main objective to hold the Intergenerational Olympics, involving transnational teams with participants aged 60 or over, and young NEET aged between 18 and 30 years old, representing the Portuguese municipalities and the twinned cities Spain and France promoting a healthy competition of universal sports and traditional games with the aim of raising awareness of the practice of sport without borders, predefined age and gender and increasing the participation of sports and physical activity of the most vulnerable groups. With the implementation of this event, we contribute to minimize losses of the ageing process, promote inclusion and improve the quality of life of senior people in their daily context in rural areas. The results shown that this project contributed to an increase in the practice of physical exercise in the senior population, guaranteeing the regularity of this practice after the first edition, even in twinned teams from Portugal and Spain. Thus, and based on the results and motivation from the athletes, the municipalities of Alto Minho committed themselves to continue the initiative. To this and based on some premises of the Olympic Games regarding the organization and administration of the games, the Municipalities involved guaranteed the event in the following years, and until now, have been held 5 editions. As a result of the success of the event in Portugal, in 2018, the municipality of Vila nova de Cerveira, the municipality of Cesena (Italy), the Polytechnic Institute of Viana do Castelo (Portugal), the University of Vigo (Spain), the municipality of Aksakovo (Bulgaria), the Zoldpont Association (Hungary), and since January 2021, the Nova Gorica Public Sports Institute (Slovenia) has been developing the IN COMMON SPORTS project and IN COMMON SPORTS + co-financed by the Erasmus collaborative partnership program +, with the aim of increasing participation in sport and promoting healthy lifestyles among older people at grassroots level, especially in rural areas.

	<p>During the next 3 years, 6 Intellectual Outputs, 25 months of physical exercise sessions and 18 Sports competitions/events for about 500 elderly will be developed in the 6 countries where grassroots play an essential role and the healthy older adults are the Key actors and coproducers of the outputs. In a glimpse, we will deliver a fully integrated turnkey program "Olympics4all", ready to use, bringing new knowledge, to motivate healthy older adults to stay in sport and induce local, regional and national authorities to implement this project in a standardized way.</p>
<p>Target population and strategies to ensure equity in access and participation in the project</p>	<p>The ageing in Europe is a significant challenge for this century. There has been, a gradual increase of longevity that together with the decreasing birth rates and reduction of morbidity is reflected in the growing increase in the elderly population. In fact, the high dependency ratio of the elderly, and consequently the contribution to the increase of the health expenses and to the unsustainability of the societies are constant concerns of the municipalities that daily deal with the senior population and seek to stimulate and motivate their citizens to adopt healthy lifestyles. The World Health Organization point that exercise is an efficient and cost-effective way of preventing the decline of older people's functional capacity.</p> <p>Thus, the objective of this program is to promote the physical activity of this vulnerable group (people aged 60 and over), preventing and managing certain chronic diseases, and considering the geographical and population context of the regions involved.</p> <p>The recruitment process is carried out by the entities involved in the project and must involve local associations that already promote activities for the elderly, guaranteeing gender equity in accessing this free program.</p>
<p>Detailed description of the type of exercise equipment used and exercise program</p>	<p>Project participants train twice a week (suspended since March 2020 because of the covid-19 pandemic), in the European regions involved in the project, guided by a certified trainer, in view of the competition taking place in September.</p> <p>Workouts of 60 minutes each take place in closed spaces when the weather does not allow the use of outdoor training fields, and sessions included aerobic activity of moderate intensity and muscle-strengthening activities interspersed with aerobic activity of vigorous intensity. The training is the basis for the preparation in a competition that take place in each country.</p>
<p>Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor</p>	<p>All trainings are conducted by qualified coaches and under the supervision of researchers from the School of Sport and Leisure (IPVC - Portugal) and the Faculty of Sport (University of Vigo - Spain).</p>

Describe whether exercises are performed individually or in a group and the setting in which the exercises are performed	The exercises are carried out in groups of 20-25 participants, indoor or outdoor, depending on the weather conditions. The competitions take place on playing fields previously defined by the technical committee that accompanies the Olympics4all event. Between January 2018 and December 2020, 258 people participated in the training sessions (over 60 years old) in a total of 1481 hours of training sessions taught, and 486 seniors participated in the 9 competitions held.
Detailed description of motivation strategies	The innovation lies in the competition as a motivational factor for the regular practice of physical exercise among the senior population which can be replicated in other contexts (migrants; people with disabilities) and from different organizations. It might seem that competitions are the project high point, however, the main result was the increase of physical activity in the elderly in a systematized way to be prepared for the event. As few research related sports competitions as key factor to motivation of a healthy lifestyle among elderly, the organizations involved submitted the project IN COMMON SPORTS to conduct a study on competition as an additional motivation for promotion of active lifestyle.
Describe whether there are any non-exercise components (e.g. education, cognitive behavioral therapy, etc)	Education sessions considering diet and quality-of-life topics.
Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Exercise trainers could modify the exercise prescription or progression based on the participant response to the exercise/game.
There is an implementation support manual / script / protocol	Yes. An evaluation protocol available at http://www.olympics4all.eu/info/intelectual_outputs-io1.php .
Was the project developed to respond to the needs imposed do to COVID-19?	No, just adapted to the new reality.
If the answer was NO please report the main changes and future perspectives.	The trainings were suspended and is expected to restart in June 2021 after the participants are vaccinated.

