



# IN COMMON SPORTS



*MOTIVATION TO SPORT AND HEALTHY  
LIFESTYLE FOR SENIOR CITIZENS AS LEVERAGE  
FOR ACTIVE AGEING AND A HIGHER QUALITY  
OF LIFE*

## GUIDELINES



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*“You learn to love sport when you are young because sport is a game and you always need to know how to play, even when you are older like me, because sport is a joy.*

*Sport helps you to live happily, with joy, because life is beautiful at every age!! You need to know how to enjoy it.”*

- Giuseppe Ottaviani –  
103 years old athlete

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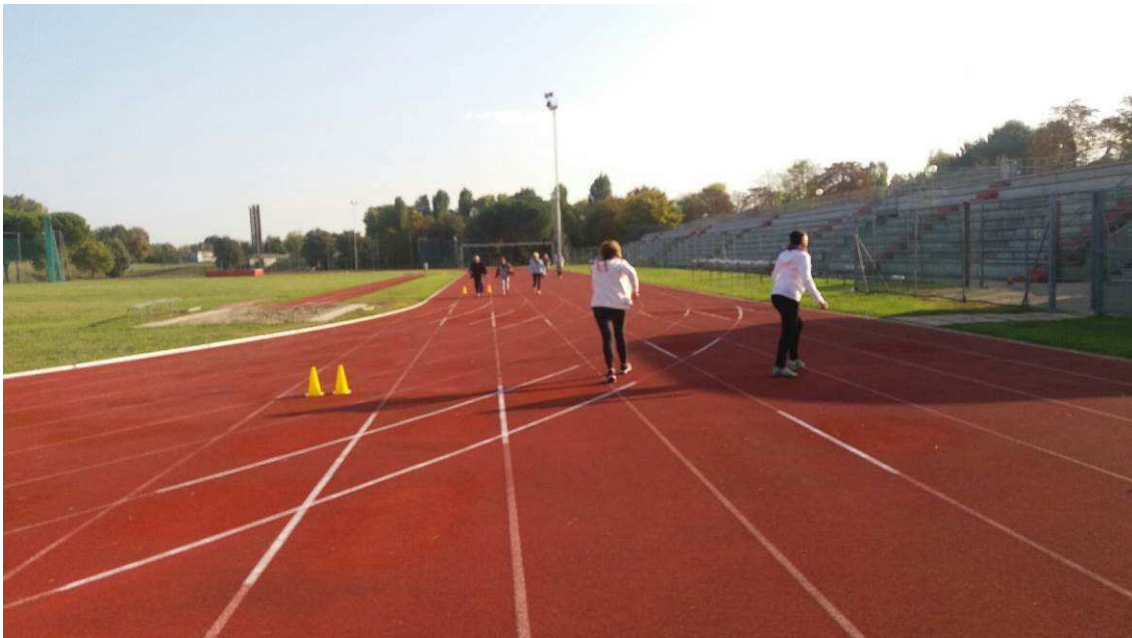


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# 1. INTRODUCTION

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## 1.1 Sport and old age

Ageing in Europe and worldwide is a significant challenge for the new century. In fact, there has been, in recent decades, 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. However, although this increase of average life expectancy is considered positive, the fact is that this analysis is based more on quantitative factors than qualitative, i.e, this increase of longevity is not always translated into a healthy, autonomous and quality life. **Behaviours typically associated with the senior population refer to passivity and immobility, with reduced physical activity, creating certain patterns and stereotypes** that often determine how this age group acts. This sedentary lifestyle of the elderly is, in general, more the result of social and cultural constraints than a functional incapacity of their support (SPIRDUSO, 2005).

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*Physical activity, mostly for older adults, can be beneficial for physical, mental and social health*

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The World Health Organization (WHO) published guidelines on the importance of physical activity in elderly people. According to these guidelines, **exercise is an efficient and cost-effective way of preventing the decline of older people's functional capacity**. Physical activity can help in preventing and managing certain chronic diseases and conditions. Strength, balance and flexibility exercises are the most effective strategies to prevent fall among older adults. The positive effects of the active movement are longer independency in self-care activities, higher self-esteem, better quality of life, higher life expectancy and decreased mortality.

Although ageing societies are demographical reality and benefits of physical activity are proven, there is still the need for proper effort in depth research on physical activity among elderly people to extend the knowledge on effective public policies directed to prevent the major causes of disabilities and lower life quality in older age.

Physical inactivity is a significant contributor to the development of chronic diseases and physical activity, mostly for older adults, can be beneficial for physical, mental and social health.

**Active people not only live longer, but also have higher chances to live in health and independence** and all benefits of physical are gaining importance in case of elderly people.



Increase the quality of life through the practice of physical activities can only be effective in an involvement in which the person feels fully integrated and in which we can see her/his development within a socially relevant group.

## 1.2 Sport and European Commission

Rising role of sport can be observed in European policies for last 10 years. European Council and European Commission have published over ninety policy documents related to sport and physical activity from 2005, but existing data on physical activity level shows how policy papers does not transform into behavioral change among societies.

There is a visible discrepancy between guidelines, policy documents, reality and actual human behaviour and requires governments, policymakers and other institutions to undertake more effective actions towards enabling elderly people being active on a daily basis.

With the publication of the White Paper on Sport, the European Commission has drawn up a strategic plan to support and create conditions for better governance of European sport by issuing guidelines on the application of community rules.

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*The European Union believes that sport plays a vital role, not only in individual health and fitness, but in shaping our wider European society.*

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The White Paper on Sport 2007 paved the way for the Commission's communication at January 2011; the communication stresses the potential of sport to contribute significantly to the overall objectives of the Europe 2020 strategy focusing precisely on the maxim: "Sport, Health and Participation". The European Parliament has reaffirmed the social importance of sport by addressing the issue of equality between men and women in sport and active aging and solidarity between the generations.

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The Eurobarometer survey conducted by TNS Opinion & Social in the 28 Member States of the European Union, between 23 November and 2 December 2013, contributed to provide data to support the development of the policy framework for the promotion of sport and activity.

According to the results of this document, 59% of European Union citizens never or seldom exercise or play sport, while 41% do so at least once a week and the Northern



Europe is more physically active than South and East. The amount of regular activity tends to decrease with age.

Another crucial aspect is that this survey shows that local authorities in particular could do more to encourage citizens to be physically active.

**The European Union believes that sport plays a vital role, not only in individual health and fitness, but in shaping our wider European society.** Supporting dialogue between policy makers and sport organisers promotes healthy living and social cohesion for people across Europe.

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This guidelines are an output of the European project IN COMMON SPORTS (Intergenerational Competition As Motivation For Sport And Healthy Lifestyle Of Senior Citizens).

In the next chapter you'll find a brief presentation of the project , a collection of the best practices on how to motivate senior people to lead an active and healthy life and some suggestions to how to organize and implement initiatives that can be largely participated by aged people.





## 2. IN COMMON SPORT PROJECT





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*The aim of the project is to analyze how much the motivational factor, associated with a sports competition, affects in conducting regular exercise in the elderly population*

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**IN COMMON SPORTS** (Intergenerational Competition As Motivation For Sport And Healthy Lifestyle Of Senior Citizens) is a three year project financed within the scope of the European programme Erasmus+ Sport, which promotes active lifestyle in senior citizens bringing them closer to sport activities. The project is based on the results evidenced by the 2015 Intergenerational Olympics Project, financed by the Erasmus Programme as well.

Few research have investigated the relation to sports competitions as key factor to motivation of a healthy lifestyle, among the elderly. The main aim of the project was to evaluate the health-related changes of physical fitness, self-perception of health and cognitive status in the aged population across the involved countries and the specific determinants of each one.

The running investigation embrace a wide range of socio-economic contexts, looking for increasing wellbeing conditions under similar motivation – sports games.

The project includes a **partnership of five countries** of the European Union: the Municipality of Vila Nova de Cerveira (PT), the Municipality of Cesena (IT) the Polytechnic Institute of Viana de Castelo (PT), University of Vigo (ES), the Municipality of Aksakovo (BG) and the Hungarian private company Zöldpont Egyesület es Szerkesztőség.

## **OBJECTIVES**

The main objectives of the project are the diffusion of the sporting practice, among the less assiduous segments of the physical exercise (in the specific case people of advanced age) and the development of effective strategies for the promotion of healthy lifestyles in the population.

In particular, the aim of the project is to analyze how much the motivational factor, associated with a sports competition, affects in conducting regular exercise in the elderly population.

The intention is to investigate whether the motivational factor can be a lever for the promotion of physical exercise among people of advanced age, as the increase in longevity does not always translate into a healthy, autonomous and quality life and is now known the beneficial effect of physical activity on the improvement of body



composition and cognitive well-being, consequently, of the reduction of risk factors of different pathologies typical of contemporary society and in particular of the third age.

The project includes a series of integrated actions, ranging from research, to the dissemination of good practices, to the actual sports promotion through the organization of sports competitions dedicated to the over 60s, but open to inter-generational exchange. From a previous experience, “Intergenerational Olympics”, always supported by the European Union, the project leader municipality, Vila Nova de Cerveira, noted the importance of intergenerational exchange in sports promotion. The In Common Sports project continues that experience, deepening the motivational aspect as a lever for a regular and continuous sport in old age.

### **ACTIONS**

- Establish a transnational cooperation network, in the field of sport, between, local, regional, and national stakeholders to promote grassroots sport in the elderly and vulnerable groups, and to develop, identify, promote and share good practices;
- Carry out the longitudinal study “Physical fitness and cognitive performance of the aged population – planned competition as additional motivation for active life style”;
- Test and implement the concept of Intergenerational Olympics as tool for integration vulnerable groups in sport, by organizing Intergenerational sport competitions in each one of the partner countries;
- Creation of a guide with the survey of good local practice of physical activity programs for senior citizens;
- Disseminate this guide in local private and public organizations with all the information and tools necessary for their replication;
- Design of physical activity programs adjusted to the critical parameters of physical fitness detected in the study in order to prevent loss of functional mobility that affects the quality of life, loss of autonomy and independence of the elderly people.

### **EXPECTED RESULTS**

The project will allow to publish a study on the benefits of physical activity on the physical and cognitive well-being of people over 60 years of age, and to verify the validity of motivational leverage, associated with the objective of a competition, on



the propensity to perform physical exercise regular, in the population of this age group. Moreover, thanks to the dissemination actions that will be carried out in the form of intergenerational sports competitions, the project will promote in the cities involved the concept of active and healthy lifestyles as a foundation for a better quality of life, opening the opportunity to attract more and more people to the regular practice of a sport. Finally, the data collected will allow the presentation of the project results at European level contributing to the definition of strategies and policies on sports promotion.

**PROJECT BUDGET:** € 321,762.80

**DURATION:** January 2018 – December 2020



# OLYMPICS ALL

IN COMMON SPORTS  
2018-2020



## PARTNERSHIP AND STAFF PROJECT



- **MUNICIPALITY OF VILA NOVA DE CERVEIRA (PORTUGAL) – Coordinator:**
  - Manuela Ferreira – Project administrator
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  - Nuno Gomes Silva – Sports teacher
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  - Miguel Camões – Teacher
  
- **MUNICIPALITY OF CESENA (ITALY)**
  - Roberto Zoffoli – European projects' chief officer
  - Massimo Lodovici – officer of the Municipality
  - Luisa Arrigoni – Project officer
  - Sabrina Colaci – Sports teacher
  - Valeria Rossi – Project officer (January 2018-November 2018)
  - Federica Cuni – Sports teacher (January 2018 – March 2019)



- **MUNICIPALITY OF AKSAKOVO (BULGARIA)**
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- **ZÖLDPONT EGYESÜLET ES SZERKESZTŐSEG (HUNGARY)**
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- **UNIVERSITY OF VIGO (SPAIN)**
  - José María Cancela Carral – Chair research group healthyfit
  - Gustavo Rodríguez Fuentes – Expert in physiotherapy
  - Helena Vila Suárez – Expert in sports science



## 3. BEST PRACTICES

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*Explore networks,  
countries and good  
practices*

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This chapter describes the good practices for sports for elderly people implemented by the countries participating in the project





### 3.1 MUNICIPALITY OF VILA NOVA DE CERVEIRA (Portugal)



The Municipality of Vila Nova de Cerveira is the General Coordinator, of the Project “In Common Sports”.

The Municipality is located in the north-west peninsula, in the district of Viana do Castelo. Between the river and the mountain, Vila Nova de Cerveira is located on the left bank of Minho River, which establishes the border with Spain, and is limited to northeast with the municipality of Valença, Paredes de Coura to the east, Ponte de Lima to the south, and Caminha to south-southwest.

The population in 2011 was 9,253 in an area of 108.47 km<sup>2</sup>. The municipality is part of the traditional puBGic administrative state sector, at the local level, developing its action pursuant to the law of local councils. Within the scope of the competences and duties provided in the law, one of Vila Nova de Cerveira municipality’s central objective is the approach of local administration to citizens. As other basic areas, the municipality considers sport as a fundamental area to social and human development factor.

In terms of infrastructure or in the dynamics of cooperation with local associations, the municipality of Vila Nova de Cerveira has sought to live up to its responsibilities, contributing to the strengthening and development of this component in life of our local community. The promotion of sport practice – together with education and/or leisure – has been, over the years, a permanent concern of the Municipality of Vila Nova de Cerveira.



## BEST PRACTICES

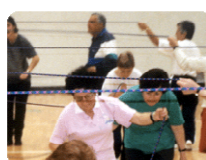
### MAIS ATIVOS MAIS VIVIDOS (MOST ACTIVE, MOST LIVELY)



**LOCATION:** Faculty of Sport at the University of Porto (Portugal)



**FREQUENCY:** Exercise sessions take place 2-5 times a week.



The “Mais Ativos, Mais Vividos” (“Most Active, Most Lively”) project is a local-wide exercise intervention developed by the Research Centre in Physical Activity, Health and Leisure.

This project aims to provide an oriented, regular and adapted exercise program in order to promote the older health and well-being. In addition, the project also aims to educate future professionals for this novel and important professional area. So, the project aims to train and sensitize future physical exercise professionals with knowledge and skills in order to promote activities that will improve the health, autonomy, well-being and quality of life of the older population;

This university project commemorates 22 years of full and active life, with remarkable growth, currently counting with about 350 elderly people enrolled, being developed at two main levels:

- Intervention through supervised and adjusted exercise programs;
- Evaluation of the effects of different types of training on elders functionality, health status (cardiovascular, musculoskeletal, mental/cognitive) and quality of life.

This project has as a target population elderly persons over 65 years old in different contexts: Community and institutions and demencia care homes of the Porto Metropolitan Area.

There are also integrational sessions with young and elderly together in the same exercise sessions.

The exercise sessions take place 2-5 times a week, every year, since 1996, from September till end of June, 50 minutes/session in groups of approximately 25 older



subjects and are developed according to the recommendations of the World Health Organization, the American Council on Exercise and the American College of Sport Medicine.

In general, physical exercise sessions are divided into types of training:

- Muscle strengthening training performed in variable resistance machines on FADEUP facilities, involving. STEPS:
- a period of a standardized warm-up (8–10min) on a bicycle ergometer and/or rowing ergometer at low intensity and some stretching exercises;
- a specific resistance training period (30–40 min);
- a cool-down period (5–10 min) that included walking and stretching exercises.

Multicomponent training performed at FADEUP or elderly care institutions facilities that consist of FIVE PARTS:

- 5–8 min of general warm-up activity, including slow walk, calisthenics and stretching exercises;
- Aerobic exercises involving walking, jogging, dance, aerobics and step choreographies;
- Muscular endurance exercises performed in a circuit, using elastic bands and free weights, including the main muscle groups;
- Balance training using static and dynamic exercises (for example, walking on a straight line, walking heel to toe) performed using sticks, balls and balloons for 10–12min;

At the end of each session, there is a 5 min cool-down period involving respiratory and flexibility exercises targeting the upper and lower body (hands, triceps, lower back, chest, hip flexors, quadriceps, hamstrings, gastrocnemius, calf soleus, and Achilles tendon). The flexibility training included static and dynamic stretching techniques and 3–4 repetitions for each stretch is individually performed.

## MORE INFO

Facebook - <https://pt-pt.facebook.com/Maisativosmaisvididos/>

<https://www.cmjornal.pt/multimedia/videos/detalhe/projeto-mais-ativo-mais-vididos-intergeracional>



## DESPORTO PARA TODOS (SPORTS FOR ALL)



**LOCATION:** Vila Nova de Cerveira

**FREQUENCY:** First Saturday of each month, on Tuesdays and Thursdays

“Family Pool” which offers swimming and watering sessions for children from 3 to 10 years old accompanied by family members, taking place on the first Saturday of each month at 6:00 pm (PT), in the Vila Nova de Cerveira Pool.

As for sports activities (pilates classes, gymnastics, zumba, fitness, among others), they are divided into two groups: sessions for those over 55 on Tuesdays at 9am in Vila Nova de Cerveira and Thursdays at 10h in Tomiño; and sessions for IPSSs in Vila Nova de Cerveira and Pariquias de Tomiño (Tuesdays and Thursdays, respectively).

The project takes place in the Municipal swimming pool, municipal pavilion, Castelinho Leisure Park, running track and it is addressed to all ages.

### MORE INFO

<http://www.cm-vncerveira.pt/>



## CERVEIRA SAUDÁVEL (HEALTHY CERVEIRA)



**LOCATION:** Vila Nova de Cerveira

**FREQUENCY:** Twice a month on Sunday

The “Cerveira Saudável” (Healthy Cerveira) project takes place in the city of Vila Nova de Cerveira. The project’s programme is composed of some activities like hiking, dancing and it takes place in several places of the county (public spaces, forest) and is addressed to the community in general. On average 40 people per session.

The frequency of the activities is twice a month on Sunday.

### MORE INFO

<http://www.cm-vncerveira.pt/>

<https://www.facebook.com/municipiovilanovadecerveira/>



## PCAND (Senior Boccia)



**LOCATION:** Coimbra, Portugal

**FREQUENCY:** Between November and June

Boccia is recognized, nationally and internationally, as the most relevant sport for athletes with cerebral palsy and related neurological diseases, as well as other motor disabilities of non-cerebral origin.

However, we have witnessed in recent years a significant increase in the practice of other target groups, namely children and the elderly without disabilities.

With regard to the elderly, the so-called Senior Boccia has been a success and the number of practitioners has increased significantly. In the last sporting season of 2018-19, around 800 seniors were registered, representing 69 associations / clubs and other entities.

The national competitions are included in the Boccia Senior National Championship, divided by zones and with Final Phases, and in the Boccia Senior Portuguese Cup.

Both events are mixed in gender and have a character of individual and team practice.

From the 2016-17 sporting season onwards, PCAND assumed full responsibility for the management and organization of all Boccia Senior activity.

### MORE INFO

<http://pcand.pt/modalidades/boccia-senior>



## MAIOR IDADE (Greater Age)



**LOCATION:** Municipality of Ilhavo

**FREQUENCY:** From September to June.  
Each modality is held twice a week and lasts 45 minutes.

The Greater Age is one of the areas of intervention of the Municipality of Ílhavo, whose main recipients are the population aged sixty and over, and one of its most important goals to keep the city's seniors more active and mobilized for their community life. Older people seek to provide our most experienced citizens with a set of opportunities for the full appreciation of their time, taking full advantage and flavor to the more mature phase of life, never forgetting that the learning and sharing left by our Major contributes decisively to the enrichment and development of the Municipality. All this is lovingly created with our seniors in mind, seeking to promote a healthier, convivial, cultural and well-being life with them.

The program is carried out in municipal spaces, such as: Municipal Pools, Municipal Forum of the Older Age, Municipal Pavilion and Cultural Hall; it began in 2008, with the presence of 11 students. At the moment it is attended by 391 students enrolled in the various modalities. The program is intended for both sexes, aged 60 or over, living in the municipality. On average each class consists of 20 students. The program consists of terrestrial and aquatic modalities. In the terrestrial modalities they can enjoy classes of: maintenance exercises (7 classes); relaxation techniques (2 classes); ballroom dancing (2 classes); zumba (2turmas) and boccia (1turma). In the water modalities you can enjoy swimming lessons (3 classes) and water gymnastics (7 classes).

### MORE INFO

<http://www.cm-ilhavo.pt/pages/246>

<https://www.facebook.com/maioresidadeilhavo/>

Another good practice is Movimento Maior (Greater Movement), integrated in the wider program for Senior Citizens – Maior Idade.

The main objectives of the Greater Movement are:

- Encourage the practice of healthy lifestyles to combat physical inactivity;



- Stimulate social life in order to combat isolation;
- Enhance the ability of the senior population to participate in working life.

## **MORE INFO**

<https://www.cm-ilhavo.pt/pages/251>





## 3.2 MUNICIPALITY OF CESENA (Italy)



Cesena is situated in Northern Italy within Emilia-Romagna Region, about 15km from the Adriatic coast. Together with Forlì it is the capital of the Forlì-Cesena district. The district has about 394.185 inhabitants in 30 municipalities. Cesena itself has a population of about 96.580 (2016).

Cesena is a vibrant city that each year attracts thousand tourists that come to visit the historical center. The city centre has umbro-etruscan origins and knew a moment of prosperity at the times of the Malatesta family (1378-1465), who gave to the town centre the present shape, the Malatestiana Library, currently included on the list of UNESCO Memory of the World, and the superb Malatesta Fortress. The economy of Cesena has been always linked to agriculture and today has also a great propension to innovation.

The Municipality's sport policy points on making sport an opportunity for all, intended as a health tool, integration, education and respect. Cesena was European City of Sport in year 2014.

The Municipality intends to transform sport into a tool for health, integration, education and respect. Today we no longer speak only of practicing sport, but of sport culture and sport is a vehicle to promote not only the physical well-being of people, but also citizenship education and responsibility education.

The promotion of wellness as lifestyle is indeed one increasing distinctive characteristics of the city of Cesena and of the whole territory of Romagna thanks to the "Wellness Valley" project.

Wellness Valley is the initiative which since 2003 has been making Romagna the first District in the world for knowledge in Wellness and the Quality of Life.

The project was launched in 2002 by Nerio Alessandri, president and founder of Technogym. He called upon all the local key players to join forces and work together



to bring out Romagna's social, intellectual and economic capital and to develop innovative initiatives towards improving the quality of life through Wellness.

Wellness is the lifestyle that combines regular physical exercise, a healthy diet and a positive mental approach: it is an individual choice and can be made at every stage of life and in every place.

Wellness Valley is the first real example of a Wellness Ecosystem, a social and cultural model that focuses on people and their health and creates the conditions that allow them to make healthy lifestyle choices, with benefits for both the individual and the community.

Today there are over 60 best practices, i.e. programs and initiatives which actively contribute to improve the health and well-being of the population: from child obesity prevention programs to free fitness classes in public parks for active ageing, from the medical prescription of physical activity for chronic diseases prevention to sport events, certified hotels and services that enable tourists to make a true Wellness experience in Romagna.

The Wellness Valley project is led by the Wellness Foundation and involves 250 public and private stakeholders, including institutions, companies, schools, university, sports and cultural associations, medical doctors, health authorities, hotels, spas, fitness centres. Thanks to the commitment of all, the Wellness Valley community is now the most active population of Italy, with half risk of disabilities due to NCDs compared to the national average, and Wellness is an integral part of the culture, the way of living and the economy of Romagna.

The effects of the project are measured by the Wellness Valley Observatory, an independent body made up of researchers and experts of different fields, involving the University, the Regional Chamber of Commerce, and the Emilia-Romagna Government. The study results are released every year by the Wellness Foundation and presented in the Wellness Valley Report.

Since 2016 the World Economic Forum has adopted the Wellness Valley as an international benchmark of a system which promotes long-term prevention and sustainability.

In this connection, Wellness Valley represents a living laboratory of excellence and good practices that can later be transferred to other territories to increase the quality of life and their attractiveness.





## BEST PRACTICES

### CESENA CAMMINA (CESENA WALKS)



**LOCATION:** Cesena

**FREQUENCY:** all year

Cesena Cammina is an initiative promoted by the Municipality of Cesena, the Health Regional Agency (AUSL) and CAI (Italian Alpin Club) and it consist in walking around the city.

There are 11 different routs in the city streets and in the immediate neighborhoods.

The groups are divided in different levels because idea of this project is to be appreciated and used not just for trekking lovers but also for citizens and families.

The project is offered every year from 2007 and the groups have been multiplied in the nearby territories (Cesenatico, Cesena-Oltreviso district, Cesena- Al Mare District, Longiano, Gambettola, and Savignano) and many of them have been activated autonomously.

Partecipation is free; it is required to comply with the instructions of the accompying persons: to follow the path of the driver, who is equipped with a hight visibility torch, on the sidewalks, above and underpasss, 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 compliace with the highway code, attention, prudence and collaboration.

Other activities, apart from the walks, offered by the Municipality of Cesena with the Healthy Regional Agency are:

- Promotion the use of the stairs;
- Involve doctors in counselling for patients at risk.

Strengths:



- 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”.
- 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 don’t need doctors and medicine.
- 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.

#### Weaknesses:

- Very large groups
- Most of the participants respect the Highway Code, but not all.

#### MORE INFO

<http://www.comune.cesena.fc.it/cesenacammina>



## MUOVITI CHE TI FA BENE (MOVE IS GOOD FOR YOU)



**LOCATION:** Cesena – public parks

**FREQUENCY:** from May to September

“Muoviti che ti fa bene” is a project promoted 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 with a professional. In this way all citizens have the opportunity to participate in the initiative. Different disciplines are carried out for different age groups, even for seniors over 65 years. The main activities are:

1. 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);
2. Slow Walk Activity (for people who have physical and motor difficulties, walks are organized followed by a coach);
3. 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);
4. 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);
5. 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);



6. 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);
7. 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).
8. 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").
9. Bio-gymnastic (it allows to find in a simple and effective way, the postural rebalancing, educates and takes responsibility to the knowledge of one's body and the "care" of oneself. The benefits are a better listening to oneself, discharge of bodily and psychic tensions, psychophysical relaxation, greater awareness of one's body and posture).

Some activities require early registration, due to limited places.

Participants must be equipped with a mat and a great desire to have fun while exercising.

## MORE INFO

<http://www.comune.cesena.fc.it/muoviti>



## VIA PEDONALE PRUDENZA (DEDICATED PEDESTRIAN PATH)



LOCATION: Cesena

That sport plays an important role in Cesena's life. To witness it, there are about 300 sports associations on the shore of the Savio and over 13.000 registered with the main sports promotion bodies. But above all there are thousands of people who practice a physical activity with a certain regularity, even in autonomy.

When in 2014 Cesena received the title of "European City of Sport" it was calculated that there were at least 24 thousand, and their number is not certain decreased in these years. In this small "army", there are numerous runners and walkers who travel the roads in Cesena's area, especially outside the city, with particular preference for certain itineraries and they must be enrolled.

But most of these routes frequented by runners are not reserved only for them, because also cars use them. The cohabitation of motor vehicles and pedestrians (also if athletic) is a big problem in particular for the "weak users"

This project was developed to guarantee greater safety, through the use of a special signage placed on the most well-traveled routes, where cars, bicycles and walkers are frequently present.

The project was shared with the main running teams, who were also asked for suggestions on where to install the new signs.

### MORE INFO

<http://www.comune.cesena.fc.it/flex/cm/pages/ServeBLOB.php/L/IT/IDPagina/40034>



### 3.3 POLYTECHNIC INSTITUTE OF VIANA DE CASTELO (Portugal)



The Viana do Castelo Polytechnic Institute (IPVC) was founded in 1980. It is an institution, whose aims are a qualified human, cultural, scientific, technical and professional training, to carry out necessary research to accomplish its mission and to cooperate with the regional community of Alto-Minho.

The IPVC is a community of students and qualified professionals, located in the northwest of Portugal, aware that the progress of society ensures the harmonious development of persons and their performance. Joined together in the same mission: to create, manage and disseminate knowledge and culture, through processes of education/learning, research, transfer of technology and knowledge. The IPVC is made up of six Schools offering undergraduate and postgraduate degree courses, these last very often in collaboration with national and international polytechnics and universities. The IPVC has implemented its existence on the regional, national and international levels. One of the schools is the School of Sport and Leisure (ESDL) which have been developing important scientific knowledge on Promoting sport and health-enhancing physical activity (HEPA). On the Viana do Castelo town campus, the IPVC provides a range of facilities, including five residences, six refectories, 4 bars, a 320-seat library and a cultural and Sports Centre. All six schools making up the IPVC are covered by a wireless internet network.





## BEST PRACTICES

### IN COMMON SPORTS PROJECT ON THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) ANNUAL MEETING



**LOCATION:** Orlando  
(Florida)

In view of the ACSM congress, one of the world's most recognized congresses in the field of sports science, data collected in the "IN COMMON SPORTS" project were submitted by Pedro Bezerra (IPVC) for peer evaluation in the context of scientific research, especially in a community context. In this year the ACSM congress was held at May 28-June 1 in Orlando, Florida, USA.

Specifically the submitted work was intended to describe, in a first moment of evaluation, the health perceived state among the European countries participating in the project and the cross sectional relationships with health predictors: cardiorespiratory fitness, strength and body composition. At this stage, the following steps were successfully completed. At ACSM annual meeting more than 6000 participants were present and involved in around 2000 communications, conducting to global interactions with reference researchers of several countries as China, Denmark, USA, India, etc. Scientific connections were created and collaborative work will be held.

The school is leading a project aiming to collect baseline and follow-up data to evaluate the health-related changes of physical fitness, self-perception of health, and biological markers, in aged population. The main aims of the project are: 1) to create a database and systematically update information, including biological markers, physical fitness performance and self-perception of health; 2) to provide useful data in the development of research to address all health components; 3) to track the age-related health changes and the possible relationship between biological markers, physical fitness performance, and self-perception of health; and 5) to help in the development of exercise prescription in aged population



### 3.4 UNIVERSITY OF VIGO (Spain)



The University of Vigo, founded in 1990, is a public university located in the city of Vigo, Galicia, Spain. This is a spectacular complex designed by two of the best Spanish architects: Enric Miralles and Alfonso Penela. Considered the most technical of the universities of Galicia, it offers engineer degrees in Mining, Telecommunications, Forestry Engineering, Computer Science and Industrial Engineering.

There are four campuses: Campus of Vigo (center of city), in center of city of Vigo; Campus of Vigo in Lagoas-Marcosende; Campus of Pontevedra in A Xunqueira, Pontevedra; Campus of Ourense in As Lagoas, Ourense.

The institution's campuses are lively, with a lot of small film festivals, concerts, art exhibitions and sports taking place throughout the year. The Outdoor Campus is an experiment the university has undertaken where students improve their teamwork spirit and skills, and strategic thinking and problem solving ability by getting involved in sports and socio-cooperative games. Sports you can try out on campus are fencing, introductory rugby, tennis, archery and athletics.

The HealthyFit Research Group will be the group responsible for the Faculty in this project. This research group, which is constantly growing, focuses its lines of action on the assessment and prescription of physical exercise in elderly people with or without pathologies. For the HealthyFit Research Group the promotion of physical activity in the elderly is essential to reduce the effects of aging and preserve functional capacity, thus promoting an active lifestyle.



## BEST PRACTICES

### STRENGTH AND MULTICOMPONENT SESSION



**LOCATION:** Public green area, public gym/market/square

**FREQUENCY:** 2 days per week - annual program 12 months

Gymnasium of residential center carries out a programme of activities based on two sessions:

1. Strength Session (60 min):
    - Warm up: mobility of lower limbs (10 minutes)
    - Central part: strength of lower limbs with elastics bands (45 minutes)
    - Return to calm: Stretches of lower limbs (5 minutes)
  2. Multicomponent session (60 min): 50% Aerobic; 25% Strength; 10% Balance; 10% Coordination; 5% stretching.
- The average number of users in the strength session is 25, in the multicomponent session is 23.

*Strengths:*

- Programs adapted for fragile people to maintain their quality of life
- They do not suppose costs to majors
- Adherence is good because it is integrated into the activities of the residential center.

### MORE INFO

The program is coordinated by the residential centers in Vigo. This information can be obtained in residential centers.



## PUBLIC SWIMMING POOL AND PUBLIC SPORTS HALL



**LOCATION:** Pontevedra-Sanxenxo

**FREQUENCY:** 2-3 days per week - annual program 9 months

In this project the programme of physical activity consists of two sessions:

1. Land program (60 min): 45% Aerobic; 15% Strength; 15% Balance; 10% Coordination; 15% stretching.
2. Aquatic session (60 min): 50% Aerobic; 25% Strength; 10% Balance; 10% Coordination; 5% stretching.
  - The average number of users in the land session is 70, in the aquatic session is 39.
  - The physical activity program for the elderly is free, the costs are borne by the concello de sanxenxo.

Municipal programs of physical activity in water and land for older adults:

1. Both programs work all conditional capacities for health;
2. Physical activity programs are free for all people over 65 years of age;
3. The flexibility when choosing class time is essential to increase attendance at sessions.

### MORE INFO

The program is being coordinated by the social affairs and sports services of the Sanxenxo town hall. All the information has the municipality of Sanxenxo.



## THERMAL SPAS



**LOCATION:** different cities of Galicia, Spain ( n.4.434 places for people over 65 distributed in the thermal spas of Galicia)

**FREQUENCY:** 1 week per year - annual program 12 months

In the “Thermal spas” project the type of physical activity and the programme of activities consists in thermal sessions: One week stay in a thermal spa where different activities are carried out, such as thermal water treatments, water exercises and physiotherapy.

It's free for people over 65 and being one week in the year and free, the demand to participate is high.

### MORE INFO

The program is coordinated by the deputation of Pontevedra. All the information can be found on its website



### 3.5 MUNICIPALITY OF AKSAKOVO (Bulgaria)



Aksakovo is a town in Varna Province, Northeastern Bulgaria. It is situated 10 km away from the city of Varna. The Varna International Airport is also situated on its territory. It has a population of 20 426 inhabitants and it consists of 23 villages in the area of 460.54 km<sup>2</sup>. It is situated in the northeast of Bulgaria and has an outlet on the Black Sea.

Aksakovo is the administrative centre of the homonymous Aksakovo Municipality. The town is located on the Franga Plateau three kilometres northwest of the city of Varna.

Aksakovo municipality is a provider of public and social services to the community. It is responsible for implementing national legislation on local level and managing the municipal territory. As a local authority it is responsible for self-government and have to provide sustainable development of community. In this order it have to ensure participation in self-government for people of all ages. The statistic shows that 25% of Aksakovo population are elder people above 60 years old. The level of physical activities is very low, that is the reason of more of diseases of this part of community. For elder people and people with disadvantages municipality of Aksakovo provide social services as “hot supper”, “help in home”, “social assistant”. The municipality supports clubs of retired people, where they meet each other, chats and play cards, chess and board games.

Aksakovo municipality has annual sporting calendar. Every year it carries out sport games volleyball, basketball, football, table tennis, touristic walking and etc. The elder people take part in the football, table tennis and touristic walking. The Municipality of Aksakovo has a experience regarding network of towns and international cooperation. It has eight twinned towns and carry out international events every year. It is also engaged in several European and international networks related to youth participation, education, health, economic activities.



## BEST PRACTICES

### FESTIVAL, SPORTS, HEALTH AND ACTIVE LONGEVITY



**LOCATION:** Borisov Garden (Sofia)

**FREQUENCY:** 23<sup>rd</sup> September

The festival took place on Sunday, September 23, at 9.45 with wreaths and flowers in front of best-monuments in the Borisov garden and continued with a gulf of sports clubs from all over the country. Sports clubs presented gymnastic compositions with musical accompaniment. The Sports Clubs and the Literary Circle "Elisaveta Bagryana" presented a literary and musical program. The third part of the festival included petanque competitions; throwing a ball in goal, running 30 meters, basic gymnastics and a sports review, part of which included the audience

The main purpose of the festival was to show solidarity between the generations and to encourage all those who make efforts to be active at the third age

#### MORE INFO

<https://ec.europa.eu/esf/transnationality/aksakovo-1548>



## MUNICIPAL TABLE TENNIS



**LOCATION:** Summer

**FREQUENCY:** Municipality  
of Aksakovo

In June Municipality of Aksakovo holds a municipal table tennis tournament "Summer season".  
Conditions for designing the sports hall of the St. Kliment Ohridski School in Aksakovo.

Table tennis is not a very popular sport for Bulgaria, but in Aksakovo municipality he finds more and more supporters.

### MORE INFO

The program is being coordinated by the municipality of Aksakovo. All the information can be found on its website.





## BRIDGE AND BELOTE AND CHESS CLUB



**LOCATION:** Municipality of Aksakovo

**FREQUENCY:** Every year

The elderly people in Aksakovo municipality have a flexible mind through the Bridge and Belote games.

Tournaments on Bridge and Belote are held annually in Aksakovo municipality. The youth club in Ignatievo is the host. Through the game, grooming is maintained between adults and young people, ideas and practices are exchanged, and the activity of the human brain is maintained.

Another mental activity is the Chess Game. the Municipal Chess Tournament was held in the building of the "South" Retirement Club "Aksakovo". The tournament involved 13 people. The chess tournament is annual for all participants, in chess clubs on the territory of the municipality. Elderly people maintain their mental activity through the games of chess and backgammon.



### 3.6 ZÖLDPONT EGYESÜLET ES SZERKESZTÖSEG (Hungary)



A group of communication and sport experts established the organization of Zöldpont Egyesület és Szerkesztőség (Zöldpont Press and Media Association for Sport) 25 years ago in order to popularize the healthy lifestyle and outdoor sports in a large scale. The organisation was the first to prove the visualization of leisure sport on monitors together with the weekly magazine programme titled the same way (Zöldpont/Greenpoint 1992-2004), started to screen an adventure programme for children and also sets up a coordinated media, as a pioneering initiative - radio, television, printed press, internet - and service provider system to popularize outdoor and leisure sport. The organisation was the leading coordinator of a national programme in Hungary, the professional of Education through Sport European, “EYE 2004” activity year, as well as the initiator and realiser of European Physical Education Picnic methodological series which opened up and made ways for lifestyle sports in school life.

Zöldpont shares several international awards and prizes (Move Europe, ENWHP, DuPont ....) in the field of health improvement in workplaces and company sport. Besides the media activity, Zöldpont has dedicated ten years to company sports and health promotion programs in workplaces.



## BEST PRACTICES

### UJBUDA, VELED ÉPÜL



**LOCATION:** Ujbuda (district of Budapest).

**FREQUENCY:** everyday activities for 10 years, in all seasons, mainly in summer, but even in October.

Mainly in the summer, but even in October there are more programs in green area: yoga, walking and nordic walking trainings in Újbuda's park and hiking trips nearby in Budapest's forests/hills.

In the autumn, most of the physical trainings are in the government's buildings, public houses. Because this whole senior project not just organise, but involve other programs in the area, there are private places as well for the trainings, other events.

Type of physical activities a week: senior yoga, more kind of dance and zumba, meridian training, nordic walking, hiking (weekends), spine-gymnastics, senior ballet, walking, callenetics, pilates, etc. It also include individual physiotherapy and diet advisement.

On the other hand, they have more kinds of intellectual programs: chess, bridge and other card games, painting and languages courses, IT courses, cross-word puzzle events, gardening and so on.

Type and average number of users: in this region there are about 40.000 elderly, who can join at least one of this program/training. For that they have to ask for a senior card for free.

Now 5.000 card have been given, but of course not everybody use it. The average number of each training, session is depends on the activities: in trainings mainly 10.

### MORE INFO

<https://idosbarat.ujbuda.hu/ujbuda-60-program>



## RÁKOSKERT (senior activity project in an outer township of Budapest)



**LOCATION:** Rákosc kert (district of Budapest).

**FREQUENCY:** On average three times a week.

This project is using traditionally public places for the activities, as community's spaces in any local multifunctional buildings, and for serving the basically activity, nordic walking, they are using a local grove through many paths.

It is a novelty, that the group opened its own community house.

The water programmes are realized in Újlak, Hóvirág School's training pool.

Rákosc kert is the farthest district of Budapest from the downtown, typical garden city with cca. 8000 habitants. As a particular character, more elderly people live here than average, generally pensioners. They have very limited possibilities for recreation, and physical activities, for this reason, the mentioned project is very important not only here, but by its messages in national level too. The average number of each fitness programme are mainly 15-20 participants, the Nordic walking training has very varied number between 10 and 30 persons. Probably the most important activity of this project is the Nordic walking. As an outdoor programme, it provides opportunity for training, to learn and realize some kind of hiking tours too. The weekly regularity is adequate to maintain the physical state of the participants. Speciality is the "water Nordic walking", which is dedicated for the elderly peoples who are limited in their movement. The project has other elements as swimming education for adults, training in swimming pool. Weekly regularity has the senior gymnastic system with balance training, chair-gymnastic, and general gymnastic for beginner and advanced. Special midweek possibility for the members is the table tennis, and for weekend different type of hiking tours.

### MORE INFO

<https://www.kovacskriszta.hu/>



## SZENIOR MOZGÁSPROGRAM (A hungarian national initiative)



**LOCATION:** some regions of Hungary.

**FREQUENCY:** The activities and their frequency are not the same in every region of Hungary.

The whole program is organised by the Hungarian Pensioner Associations' National Association, which has 12 division in the country, located around the larger cities. On the whole, the Association support and hand together the pensioners movement events in one project. According to their timetable, the associations have a lots of open air programs all around the country. Most of them have 2-4 walking in the nature or even longer hiking trips in their area, more rarely somewhere more far away by a bus. Furthermore, some of the local division association take regular tennis games and cycling trips.

In the summer most of the divisions had their own sport-days in public sport centurms. Because it is a national project, it is hard to calculate how many pensioner participate in it, but we can see that, for example the regular trips in the nature are very popular, usually with average 30 participants, but sometimes even more, 60 pensioner take part in them.

The "every-week" indoor programs have 10-20 participants in common.

The bigger events, sport and health days have usually more than 300 participants among the elderly, but this events are rare with a few times a year.

The activities and their frequency are not the same in every region of Hungary. However, we can say that they have common, usual activities like walking or hiking in the nature, more type of senior dance clubs (for example folkdance, ballet, senior dance) and training programs (senior-spine-trainings), swimming. Some region, which has their own special sport, organise courses and competitions in it – a good example for that is Vas megye, where the more type of bowling has traditions, even among the elderly.

### MORE INFO

<https://www.facebook.com/amozgaskonyvedsege/>

<https://amozgaskonyvedsege.hu>



## 4. WHAT CAN WE DO TO INCREASE PHYSICAL ACTIVITY?

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Physical activity is a fundamental means of improving people's physical and mental health. It reduces the risks of many diseases and significantly benefits society by increasing social interaction and community engagement.

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*Physical activity is not just a public health issue; it also addresses the well-being of communities, protection of the environment and investment in future generations.*

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It' is not just a public health issue; it also addresses the well-being of communities, protection of the environment and investment in future generations<sup>1</sup>.

We have asked to the trainers and politics involved in "InCommon Sports" project what actions should be put into practice at the local level to encourage and promote sport in senior citizens.

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<sup>1</sup> *Physical activity and health in Europe: evidence for action*, WHO Europe, 2006

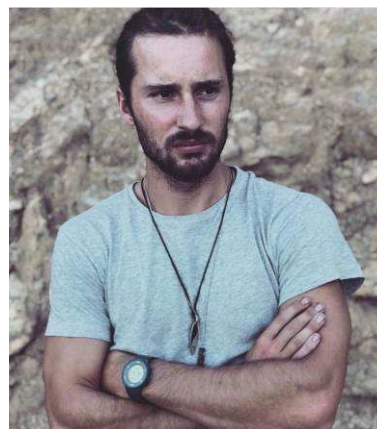


## MUNICIPALITY OF VILA NOVA DE CERVEIRA – Portugal

**MAYOR OF VILA NOVA DE CERVIERA**  
**Fernando Nogueira**



**TRAINER**  
**Nuno Gomes Silva**



**What impact and added value have the “In Common Sport” project had on your territory?**

**Mayor (M):** The "In Common Sport" Project strengthened the formation of a group of less young residents who regularly and consistently still practice physical activity, both indoors and outdoors. Their motivation and dynamics have been able to stimulate more people of the same age to join an initiative that promotes physical and mental well-being, combined with socializing and creating new friendships, as well as the possibility of meeting other groups of seniors. neighboring municipalities and across borders, valuing social and cultural exchange.

**Trainer (T):** This project had a huge impact on our territory, even in people who no longer believed they could play sports, and now they can have an active life and play sports at the same time.

**In your opinion, what initiatives and actions should be put into practice at the local level to encourage and promote sport in senior citizens?**

**M:** Due to the extremely positive impact, the objective is not only to maintain this activity, but above all to deepen the path that has begun, by captivating more people and creating logistic conditions that encourage even more permanent health and







wellness sport. It is also necessary to implement attraction mechanisms that arouse this need among others.

**T:** In Vila Nova de Cerveira, there are already many initiatives for the elderly to practice sports, such as “Olimpics4all” and “Sports for all”. We also have a large influx of seniors in water aerobics classes at the municipal pool. Apart from this, all kinds of initiatives to encourage physical activity are welcome.

**What kind of actions could the world of sports associations put in place to encourage physical activity in over 60 population?**

**M:** Associations could create routines for the regular organization of small initiatives that would arouse people's interest, such as walks, exploration sessions or visits to natural spaces, and which could later promote a more relevant sporting activity in this target group.

**T:** Sports associations could create senior teams to compete in sports that are not too difficult, such as traditional games. In addition, they could launch advertising campaigns at major world games that would show people the differences between active and sedentary aging. All change must come from above, from a larger example, so it is in the associations and clubs with worldwide impact that is the power to change people's lives.



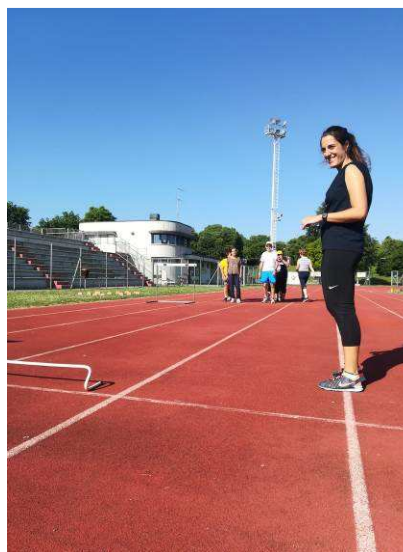


## MUNICIPALITY OF CESENA Italy

**MAYOR OF CESENA**  
Enzo Lattuca



**TRAINER**  
Sabrina Colaci



**What impact and added value have the “In Common Sport” project had on your territory?**

**Mayor (M):** The project "In Common Sports" has represented for the non-younger population of our territory an opportunity to socialize and start doing sporting activity regularly. The project has also allowed us to promote the idea that doing sports regularly helps to age better and more slowly and that doing it together with other people is fun!

**Trainer (T):** The project had a great impact on the population in fact the request for participation was very numerous and there continues to be a strong interest in the project. The added value was certainly the proposal of the project of opening to sporting activity even to subjects over 60, a totally new proposal for the territory.

**In your opinion, what initiatives and actions should be put into practice at the local level to encourage and promote sport in senior citizens?**

**M:** Initiatives such as the project In Common Sports and Olympics4all, the Olympics for the Third Age, were certainly a very effective driving force to encourage the senior population to undertake regular sports activities. However, it is necessary for sport to





become a habit of life also for this segment of the population and to do this it is important to try to facilitate access to the sport for these people, for example by bringing the sport directly to the places of spontaneous aggregation of the third age (recreational clubs, neighborhood offices). It is necessary to create in these people the desire to do sports, spreading the message that the movement helps to feel better about themselves and with others

**T:** In my opinion it is important to guarantee the population activities and places with qualified personnel able to be able to propose activities to the over 60s that do not stop exclusively at "sweet gymnastics", but that can allow the over 60s to experiment motivating activities.

**What kind of actions could the world of sports associations put in place to encourage physical activity in over 60 population?**

**M:** The world of sports associations should try to create a system with the other realities in the area whose main target is the third age to ensure that sports become an opportunity to meet and promote a healthy lifestyle that puts in the center the typical needs of this segment of the population. It is also essential that the habit of playing sports comes to those people who, until now, have conceived the sport as something precluded to their abilities.

**T:** In my opinion, given the importance of physical activity in the over-60s, the world of associations could propose specific work groups for people in advanced age guided by qualified personnel who can propose different activities based on the needs of each person . Moreover, it could also propose informative meetings to highlight the importance of physical activity in order to intrigue and motivate the subjects to practice it constantly.





**UNIVERSITY OF VIGO**  
**Spain**

**MAYOR OF SANXENXO**  
**Daniel Arosa**



**TRAINER**  
**Alejandra Barreiro Amado**



**What impact and added value have the “In Common Sport” project had on your territory?**

**Mayor (M):** It has been highly valued, since it theoretically and practically endorses the work system and principles that the Sanxenxo Council has been carrying out for 20 years in its comparative analysis with that of other European territories.

**Trainer (T):** / think that after so many years doing a physical activity program for the elderly, this project has benefited them greatly in all aspects. The participants came more animated and eager for "work." They socialized more among themselves talking about the Olympics and what the other countries were doing.

**In your opinion, what initiatives and actions should be put into practice at the local level to encourage and promote sport in senior citizens?**

**M:** In our particular case, continue as we have been doing so far, since the group of elderly people is assisted in this area of physical exercise and health. Maybe we can meet where you can compete in a healthy and friendly way





**T:** In my opinion, to promote sports in older adults it is necessary to increase training days, facilitate transportation to the sports facilities, have more sports equipment. It would also be interesting to promote talks about food and the practice of physical exercise in this population.

**What kind of actions could the world of sports associations put in place to encourage physical activity in over 60 population?**

**M:** It would be very interesting and beneficial for society in general and for the elderly group that associations and clubs introduce into their activities and / or competitions those that integrate our elderly group. Concentrations, competitions, meetings, etc. Very positive experiences at all levels

**T:** I think they should have more complete programs, such as an "adapted guide" to include sports from other countries



## MUNICIPALITY OF AKSAKOVO (Bulgaria)

**MAYOR OF AKSAKOVO**  
eng. Atanas Stoilov



**TRAINER**  
Alejandra Barreiro Amado



**What impact and added value have the “In Common Sport” project had on your territory?**

**Mayor (M):** The project has very good reflection on citizens in all ages. The participants change the opinion that retired persons are not active persons. The participants of the project increase the spirit of other elderly people and encourage them for active life. The added value of the project is the social impact on the elderly and prevention of loneliness. After each training session elderly people chats, drink a cup of tea or coffee.

**Trainer (T):** Supporting this project was seen as a way for adults to support their municipality and local community. Volunteering or coaching enabled in participants to feel they had some influence or purpose in their sport. For others, participating in Olympic games provided an opportunity to develop a sense of collective community through competition and friendship.

Using sport as a tool to develop a social/community connection for elderly was a common theme. We are using sport for the development and maintenance of community engagement for elderly. We are using sport to foster social connections. Sport enabled our participants to resist their ageing body, which empowered them to enjoy playing sport for as long as they physically could.

**In your opinion, what initiatives and actions should be put into practice at the local level to encourage and promote sport in senior citizens?**





**M:** I think that training sessions is very good activities for daily life for elderly. Also Olympic games and competition are motivating them for training and sport activities.

**T:** It would be good if the project activities continue to take place at the local level. To allow people to stay physically active after project through participation in community-based sport and physical activities. It would be good to train local staff for adult work. It would be good establish infrastructure and traditions in this direction - activities and sports, physical measurements, Olympic Games.

**What kind of actions could the world of sports associations put in place to encourage physical activity in over 60 population?**

**M:** They have to carry out seminars for good practices, aiming encourage elderly people to participate in sport activities, some good statistic news related long-life, healthy life and active life. They have to arrange some games, training sessions with famous elderly people, adapt gymnastics programs for elderly.

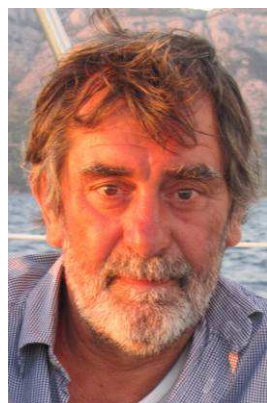
**T:** Countries and communities must take action to provide individuals with more free opportunities to be active, in order to increase physical activity. The world of sports associations should support the construction of this infrastructure through the exchange of experience, good practices, conferences, work meetings and more.





## ZÖLDPONT EGYESÜLET ES SZERKESZTŐSEG (Hungary)

**HEAD OF ORGANISATION**  
**Péter Cziráki**



**TRAINER**  
**Márton Dvorák**



**What impact and added value have the “In Common Sport” project had on your territory?**

**Mayor (M):** The comprehensive measurement and its results, conclusions changed the point of view related with physical activity and health of the members of group. The objective tracking of physical condition through sport activity results more consciousness.

**Trainer (T):** First of all, it was great to know so many cheerful people who love to move. Some of the trainers, sport experts afraid of working with the elderly (mainly because of the diseases which affects the life and training also), but it is more than worth it after you know their lifestyle, “limitations” in training. For me, this experience is the other aspect that made this project valuable

**In your opinion, what initiatives and actions should be put into practice at the local level to encourage and promote sport in senior citizens?**

**M:** It is necessary to build some system of communication for motivation and collect useful information about health prevention and physical activity, furthermore chronicle the successful activities, memory of sport. To use new and traditional tools and devices to promote the activity of the nearest associations of senior sport, and more variety and possibilities of leisure sports.







**T:** There are more and more people after 60 years worldwide and we should work with them in more fields of life. Exercising and training is one of them: there must be numerous options to do different kind of sports in their city or district, so nearby. Elderly running, yoga, dance, tennis, indoor exercise courses are so popular in Hungary, but there are so few now. We, trainers and researchers have to encourage the governmental offices, sport universities and other facilities to make more inviting options to do different kinds of sports for older people.

**What kind of actions could the world of sports associations put in place to encourage physical activity in over 60 population?**

**M:** It would be very important to stimulate

- creating and publishing many kind of knowledge base and materials of methodology about the senior sport;
- facilitate the access of simple and well-articulated materials about physiology, anatomy for elderly people;
- studies about the trends of typical and prosperous communities of elderly people, for example how to organize successfully senior groups;
- promote and publish best practices.

**T:** In Hungary mainly just the elderly sport associations organize events for older people. However, there were some actions in the last few days which called them to move and try sports but these were just one-day events in Budapest. They need continuous programs, courses which can fit their life and useful for them: effective for their health, social life and so on. That is why we need or bigger, more serious more elderly sport associations in Hungary which ones have professional background, highly skilled trainers and communication forms and strategies to motivate elderly people to take part in the trainings

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Erasmus+ Programme  
of the European Union



IN COMMON SPORTS  
2018-2020