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HAPPY AGING

THROUGH REGULAR EXERCISE AND SPORT



PSSAB

Promoting Senior
Sport Across Borders



How does it help to incorporate regular exercise into your daily life?

Numerous studies have shown that regular exercise and sport are beneficial to health. Despite this, recent research shows that Europeans are not moving enough, especially in old age! It's time to change that!

- ✓ It's never too late to get active. Almost all physical and mental human functions can be trained until old age, get started today!
- ✓ "Every step counts!" Take the first step, the rest will be easier! Even a few minutes of casual activity is better than nothing!
- ✓ Ideally, you should exercise 150-300 minutes a week! Don't be scared, you have 7 days to do that!
- ✓ Take baby steps! Older adults should start with a small amount of physical activity, and should gradually increase the frequency, intensity and duration over time.
- ✓ Take it easy! Older adults should engage in the amount of physical activity that their functional capacity allows, and the level of effort required for physical activity should match their fitness level.



Get up, get moving and get healthy!

What positive health effects can we expect from physical activity and sport?

Important health benefits of physical activity include:

- ✓ Lower risk of cardiovascular disease
- ✓ Decrease in blood pressure
- ✓ Improvement in blood fat and blood sugar levels
- ✓ General strengthening of the musclessystem, or preventing muscle loss
- ✓ Optimising body weight
- ✓ Prevention of osteoporosis
- ✓ Preserving mental abilities
- ✓ Maintaining independent living, increasing the number of healthy life years, self-confidence

The World Health Organisation (WHO) recommends:

“Older adults should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous- intensity activity throughout the week, for substantial health benefits. Older adults should also do muscle- strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.”

What activities meet the needs of older people?

The most popular and preferred physical sports activities for older adults are:

- ✓ Walking/hiking
- ✓ Cycling
- ✓ Swimming
- ✓ Dancing
- ✓ Gymnastics exercises
- ✓ Nordic walking

Physical exercises to enhance health benefits can be divided according to 6 main areas:

- ✓ Mobility/endurance
- ✓ Coordination
- ✓ Safety/balance
- ✓ Muscular strength
- ✓ Flexibility
- ✓ Brain training



Learn about these 6 areas and how you can improve them with activities!

01

MOBILITY/ENDURANCE:

the body's resistance to fatigue during prolonged work.

You use this skill when preparing a multi-course family meal, from shopping to washing up after lunch, or when doing a big clean-up or raking up several bags of leaves in the garden.

Recommended sports activities for development:
hiking, dancing, swimming.



02

COORDINATION OF MOVEMENTS:

the ability to perform different movements in an economical and safe way.

You use this skill to do all your everyday tasks, from lifting the phone to your ear to cooking or cleaning.

To develop it, it is recommended to learn to dance or to learn any other new form of movement.



03 BALANCE DEVELOPMENT:

Balance is the ability to orientate the body position during movement and maintain body stability.

You might need it when working on a ladder clearing cobwebs from a corner, taking down and putting back curtains when cleaning your house, or when your grandchild runs towards you to give you a hug.

You can develop it with special balance exercises, adult ballet, or dance.



04 MUSCULAR STRENGTH:

the ability to hold or move some weight.

Strength is needed to lift your grandchild, carry a shopping bag, or to shovel snow.

Recommended sports activities for development:

senior gymnastics exercises with own weight or resistance (barbell, rubber band), bowling, rowing.



05 FLEXIBILITY/ENHANCING RANGE OF MOTION/STRETCHING:

facilitating a larger range of motion of joints, elasticity and flexibility of connective tissues and muscles.

Developing mobility makes it easier to pull up your socks, fasten your bra, put on your coat, comb your hair.

Suggested form of exercise:
yoga, stretching exercises.



06 BRAIN GYMNASTICS:

a set of exercises where you perform different movements in several directions at the same time.

It is necessary to maintain your mental abilities. Learning any new movement, choreography or technique is good brain training.

You can improve your memory by learning new sports, learning a dance choreography, performing movements in difficult conditions (e.g., with your eyes closed!), nordic walking.



MOVE WITH US! We have put together a video with simple exercises related to the above areas! You can do these almost anywhere! Check out the exercises on our website!

www.sportforseniors.com



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IMPRESSUM

The Erasmus+ project PSSAB (Promoting Senior Sport Across Borders) aims to promote the importance of physical activity for older people through an international cooperation. With our publication, we want to address the older age group and encourage regular exercise through sharing useful information.

More information: www.sportforseniors.com

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