



Healthy Ageing by Outdoor Fitness





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Policy aims on elderly care

- Maintain the senior citizens active
- Support the participation of elderly citizens
- Support the most vulnerable elderly citizens
- Create conditions for healthy ageing



healthy and active ageing

- **Being active helps people to participatie**
- **Being active stimulates health**
- **More years in goor health will mean better quality of life**
- **Active people are less vulnerable**

Outdoor fitness, what is it?

- A public facility in the open air waar people can use safe, accessible fitness devices





What to do?

- Organise finances
- Choice of location
- Search for ambassadors in the neighbourhood
- Provide instructions how to use the equipment
- Promotion

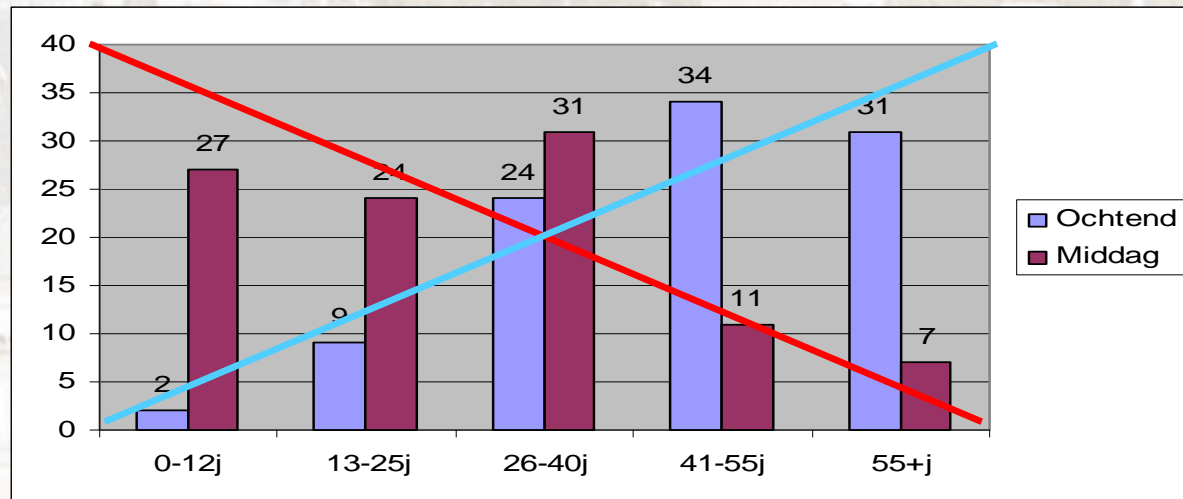


Results

- Outdoor fitness is visited by 3 generations
- Reduce of inactivity by 26% among users above 55 years
- Visitors use the facility on regular base
- People meet people
- Natural leaders

Results by observation

Change of visitor's age during the day



In the morning elderly people, during the afternoon the youngsters



Outcome questionnaire

- 60% prefers outdoor activities
- 85% see their visits to the outdoor fitness complementary to their daily activities
- All respondents say that the image of outdoor fitness suits with their age



Tips /recommendations

- Be aware of the impact of each step you take. Especially by the location and the exercizes
- Creat opportunities for divided groups to sport together
- Lead the elderly people to the outdoor fitness
- Provide clear instructions about the use of the equipment



Thanks for your attention

- Any Questions?

