

**EU-Projekt HeFiLL**  
**Healthy and Fit in Later Life**

**Bei Bewilligung:**

**Projektstart:** September 2010

**Projektdauer:** Juni 2012

**Fördergeber:** Nationalagentur für Lebenslanges Lernen

**Förderprogramm:** Grundtvig

**Projekttyp:** Lernpartnerschaft (Mobilitäten)

**Kosortium:**

**Seniors Initiatives Centre (SIC)**, Projektkoordinator, Kaunas/Litauen

**GEFAS Steiermark – Akademie für Generationen**

**Turngesellschaft 1895 e.V. Jügesheim**, Hessen/Deutschland

**Unione Italiana Sport per Tutti Comitato di Ferrara**, Ferrara/Italien

**Dezember 2011:** Workshop and exploration visit in Graz

**Inhalt:**

The Learning Partnership „Healthy and Fit in Later Life“ (HeFiLL) is an endeavour to study offers for older people in the field of sports and movement, *exchange experience and good practice and make proposals how to increase the level of physical activity among sedentary older people and to enhance the quality of later life*. The involved partners are willing to explore the barriers that prevent older people from exercising in partner locations and to build the knowledge base of potential solutions how to sustain the flexibility of body and spirit in older age.

The Partnership will be *based on mobilities of qualified persons in physical activities for seniors and adult learners* from partner institutions who will attend information seminars and workshops, demonstrate exercises geared to older persons, *visit community sports and recreation facilities, meet with sports educators and sports administration officers*. The impact and long-term effects of the Learning Partnership will be facilitated by active engagement of local authorities, sports education institutions and NGO's, the comparative study of factors preventing and motivating older people to exercise and stay fit and a list of initiatives and offers aimed to enhance physical activity of older people in partner locations. The Partnership is expected to be followed by intensive local and European networking and subsequent local and international partnerships and initiatives.

Sedentary behaviour has been identified as one of the leading preventable causes of mortality. Regular physical activity decreases the risk of cardiovascular disease, type 2 diabetes mellitus, osteoporosis, depression, obesity, breast cancer, colon cancer, and falls in older adults. Despite the numerous benefits of active lifestyle and abundance of national and European studies, strategies, policies and action plans to increase the levels of physical activity among population, there are still too many senior citizens who do not see the need for regular exercise and who simply let their bodies and spirit decline with age. The attitude towards exercising and the causes of inactivity may vary between nations and cultures, whereas the need to promote health of older people through physical activity and reduce medical care and pharmacy costs for diseases associated with inactivity is universal. Given

this background the Learning Partnership is expected to trigger the attention to the problems of sedentary life and the importance of exercising in later life among older people in their communities, investigate and compare the barriers and motivators of active life style, discover the best exercising offers through exchange of expertise and good practice.

The *objectives of the Learning Partnership project* are to investigate causes of sedentary life among older people, examine the barriers preventing them from exercising and to put proposals of physical activity to older people in partner locations.

During the visits, workshops, meetings, open-air activities the partners will analyze:

- the basic conditions needed for an exercising offer,
- what competencies/qualifications for the facilitators of physical activities among seniors are required,
- can resources of volunteers be utilized,
- what are the most efficient ways of reaching the audiences of older people and trainers/facilitators.

These objectives will be reached through:

- exploration visits, where the meeting with older people comes to the fore,
- demonstration of exercise programmes, and
- subsequent discussions with regard to the possibility of transferring good practice to partner locations.

Partner experiences and expertise gained during the project will be reflected, documented, and transferred into the local offers of the partners.

**Kontaktperson:**

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