

“New frontiers of the body of seniors: low-impact exercise programme, adapted physical activity, home-based exercise programme and community-based exercise programme”



Area per le politiche della salute e degli stili di vita

Low-impact Exercise Programme

The soft movements which promote and maintain health are the future of positive ageing by their impact on everyone's life style. UISP started with gymnastics for the elderly in 1977 in Turin.

The modern science research has proven its use!

LOW-IMPACT EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

LOW-IMPACT EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

LOW-IMPACT EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

WALKING GROUPS



Move Congress, Barcelona 16-19 October 2013

NORDIC WALKING



Move Congress, Barcelona 16-19 October 2013

OUTDOOR ACTIVITIES



Move Congress, Barcelona 16-19 October 2013

BODY EXPRESSION



Move Congress, Barcelona 16-19 October 2013

WATER MOTION



Move Congress, Barcelona 16-19 October 2013

OUTDOOR GYMNASTICS



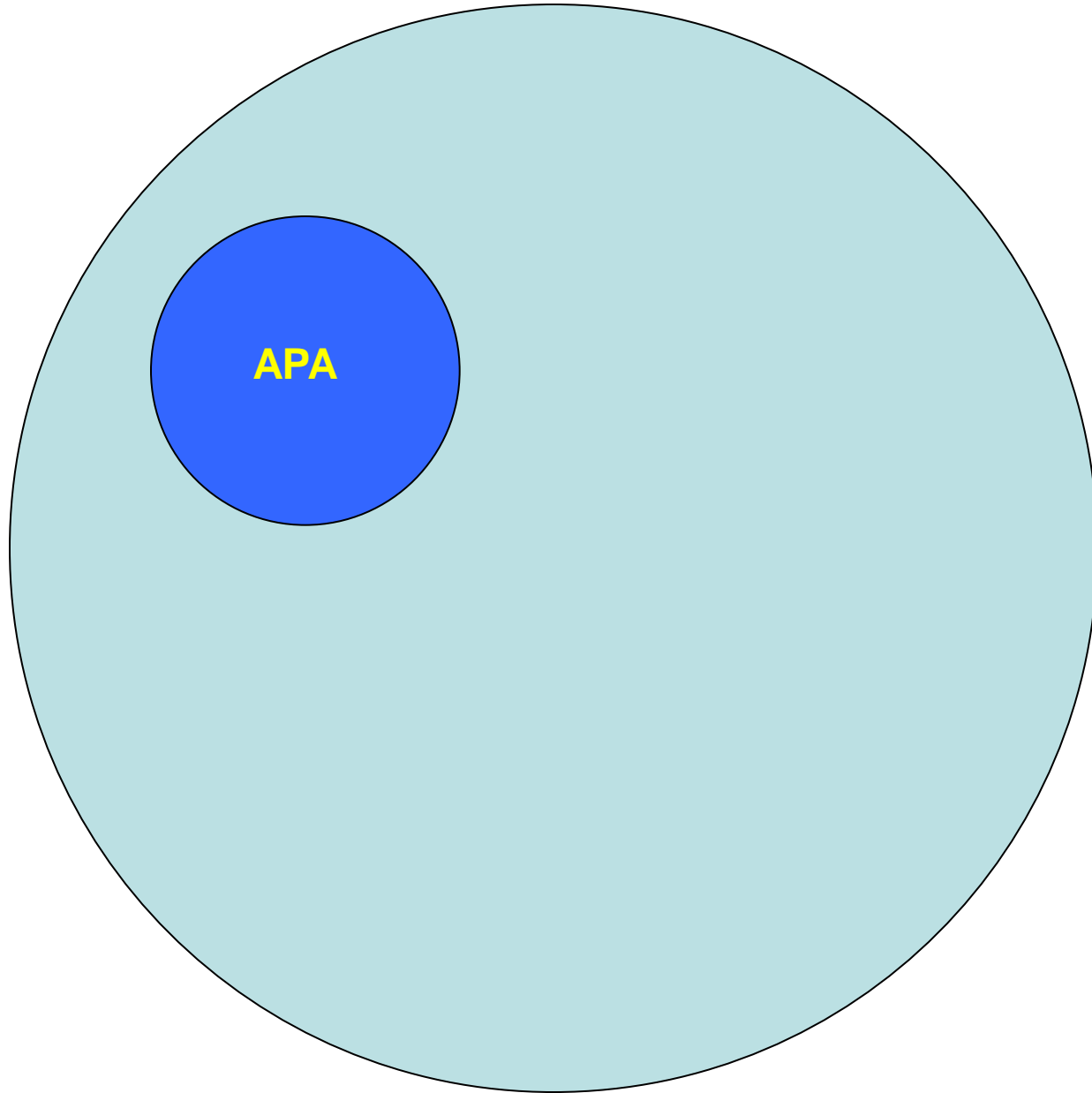
Move Congress, Barcelona 16-19 October 2013

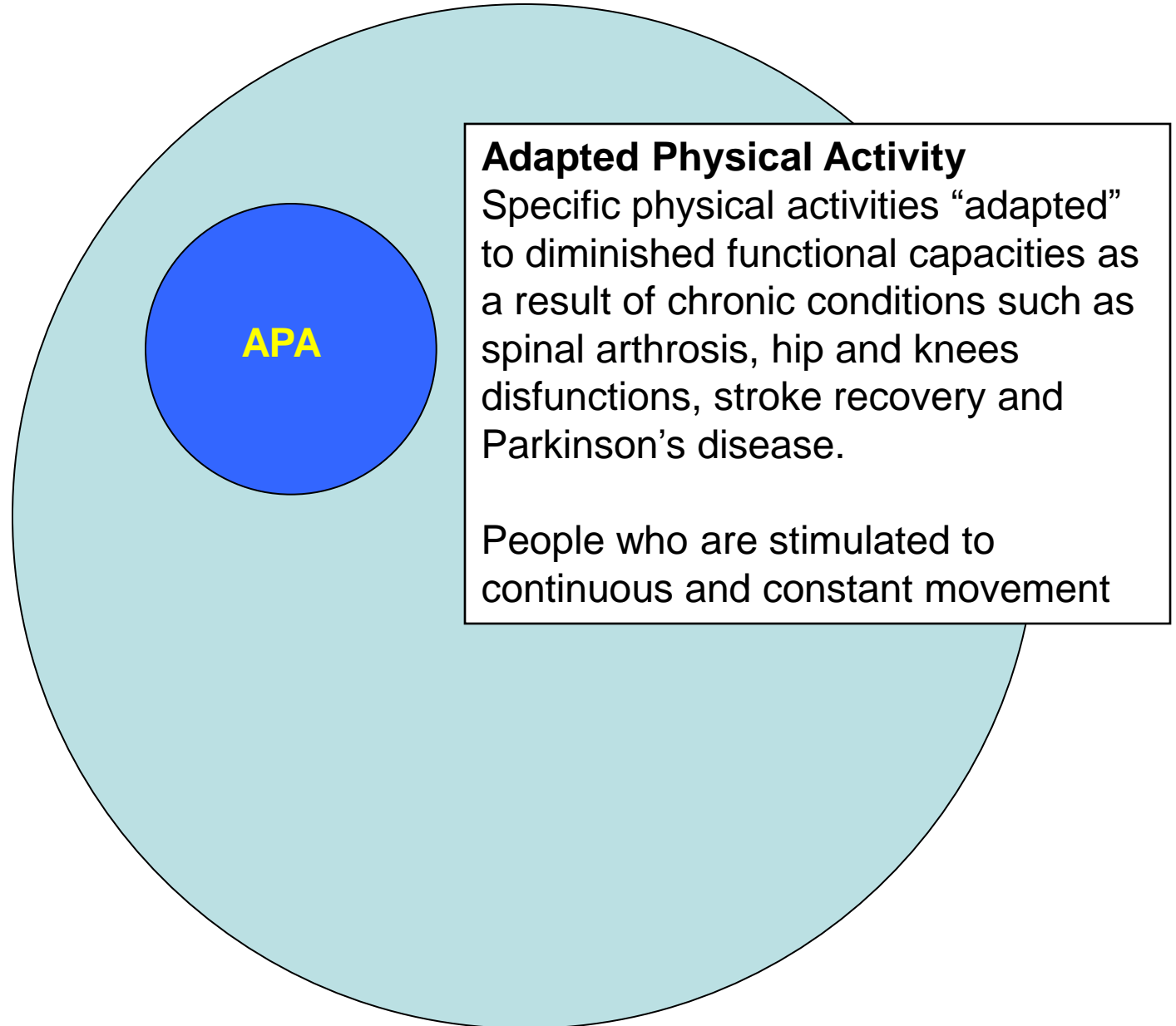
PETANQUE



Move Congress, Barcelona 16-19 October 2013

Adapted Physical Activity





ADAPTED PHYSICAL ACTIVITY



Move Congress, Barcelona 16-19 October 2013

ADAPTED PHYSICAL ACTIVITY



Move Congress, Barcelona 16-19 October 2013

ADAPTED PHYSICAL ACTIVITY



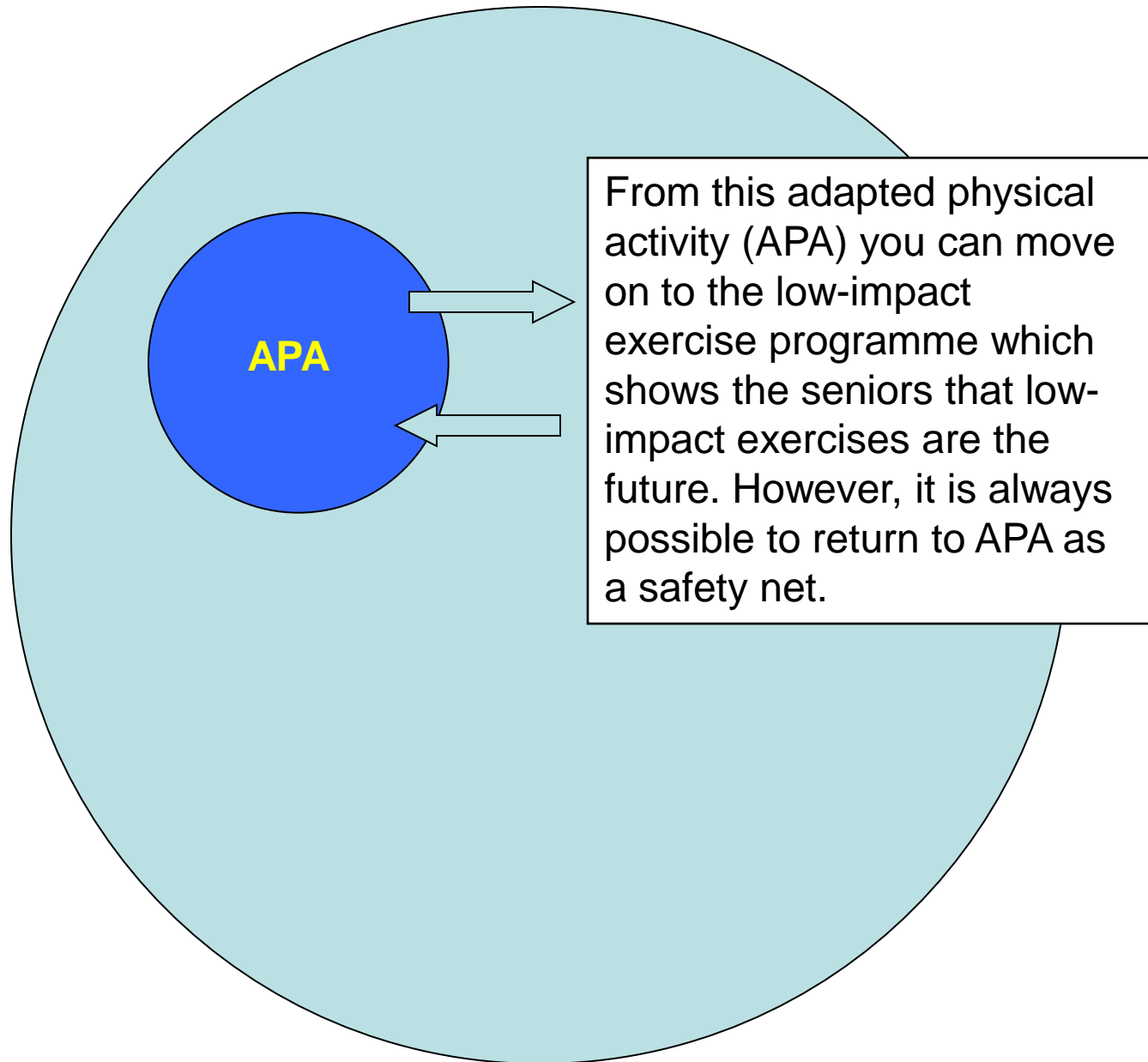
Move Congress, Barcelona 16-19 October 2013

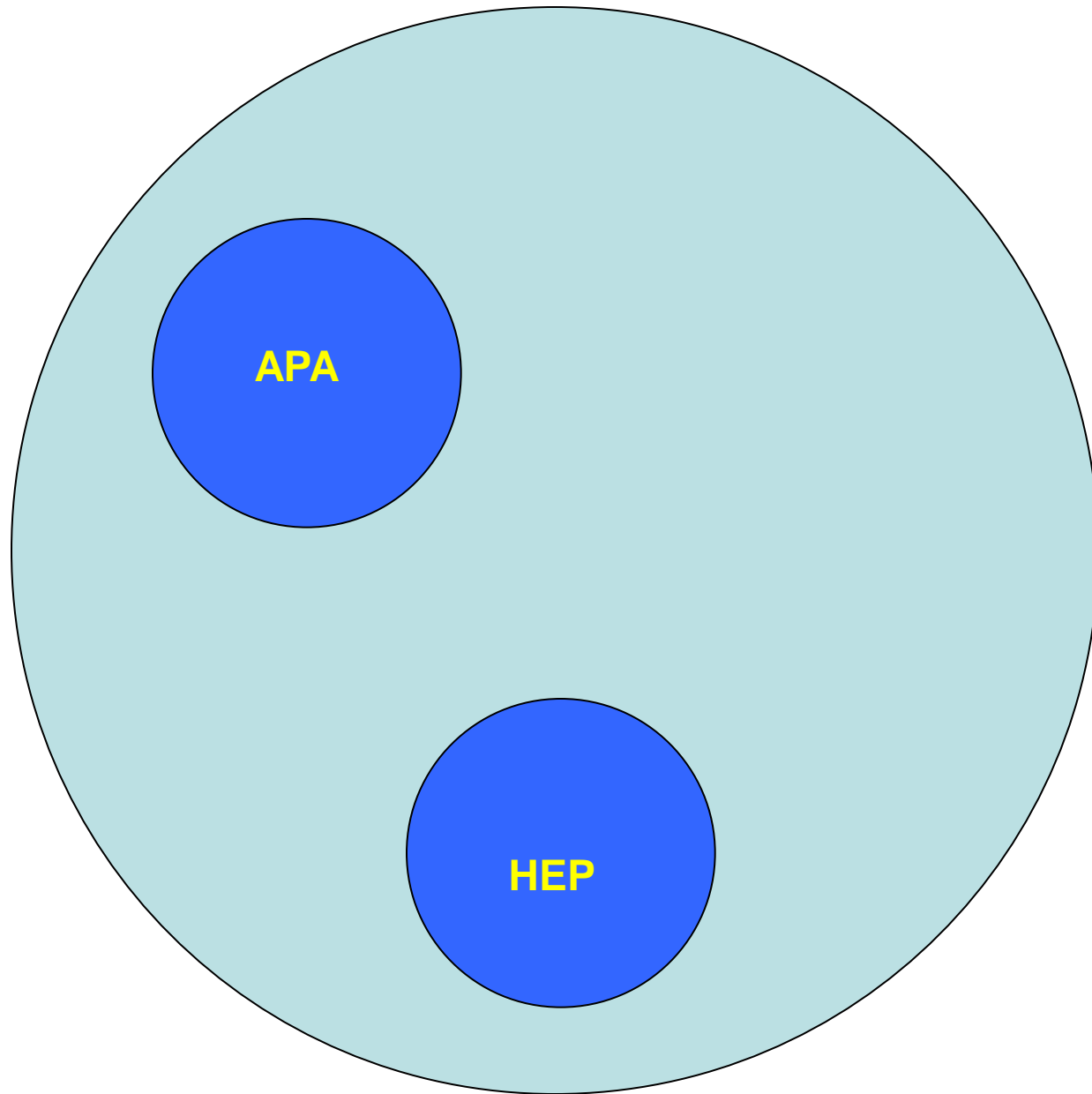
ADAPTED PHYSICAL ACTIVITY



Move Congress, Barcelona 16-19 October 2013

Adapted Physical Activity





Home-based Exercise Programme



APA

Home-based Exercise Programme

For persons with:

- ...no complete dependence on social services (light dependence)

- ...evident functional loss

- ...depression

- ...loss of confidence as a result of accidents or falls

- ...loneliness

- ...advanced age

- ...use of domestic assistance (shopping, paying bills, home aid)

The goal is to get people out of the house into their environment again.



HEP

HOME-BASED EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

HOME-BASED EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

HOME-BASED EXERCISE PROGRAMME



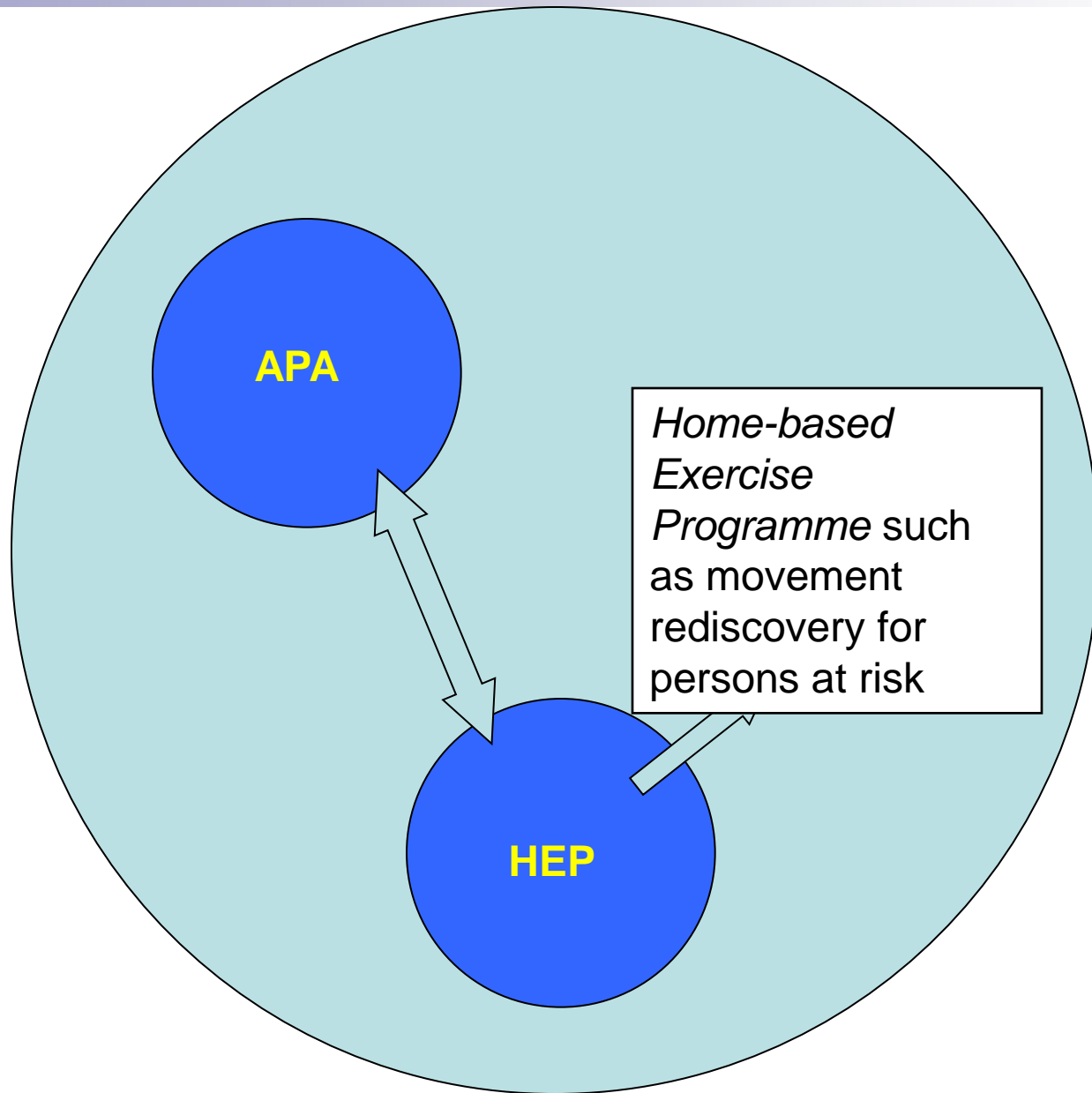
Move Congress, Barcelona 16-19 October 2013

HOME-BASED EXERCISE PROGRAMME

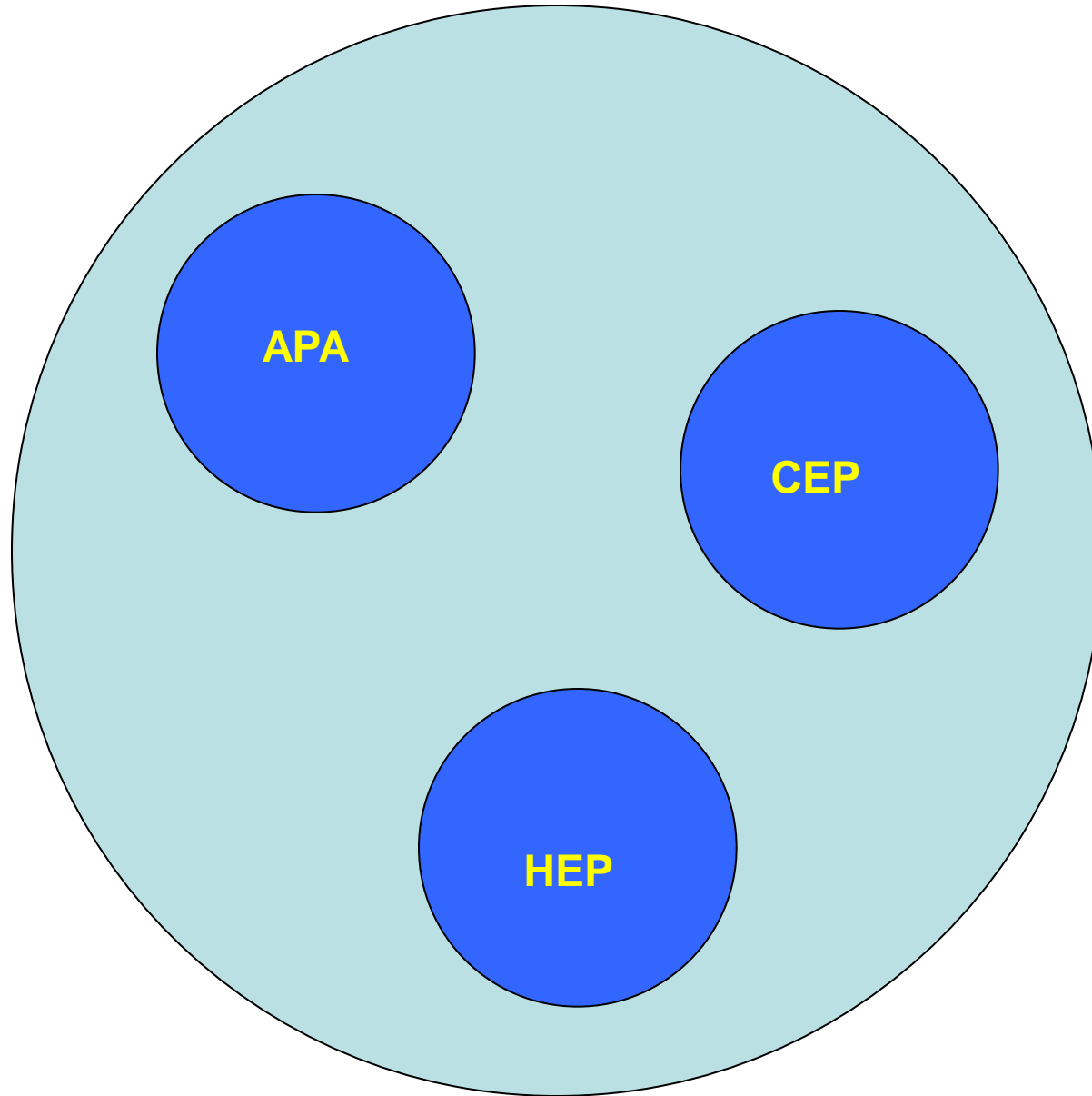


Move Congress, Barcelona 16-19 October 2013

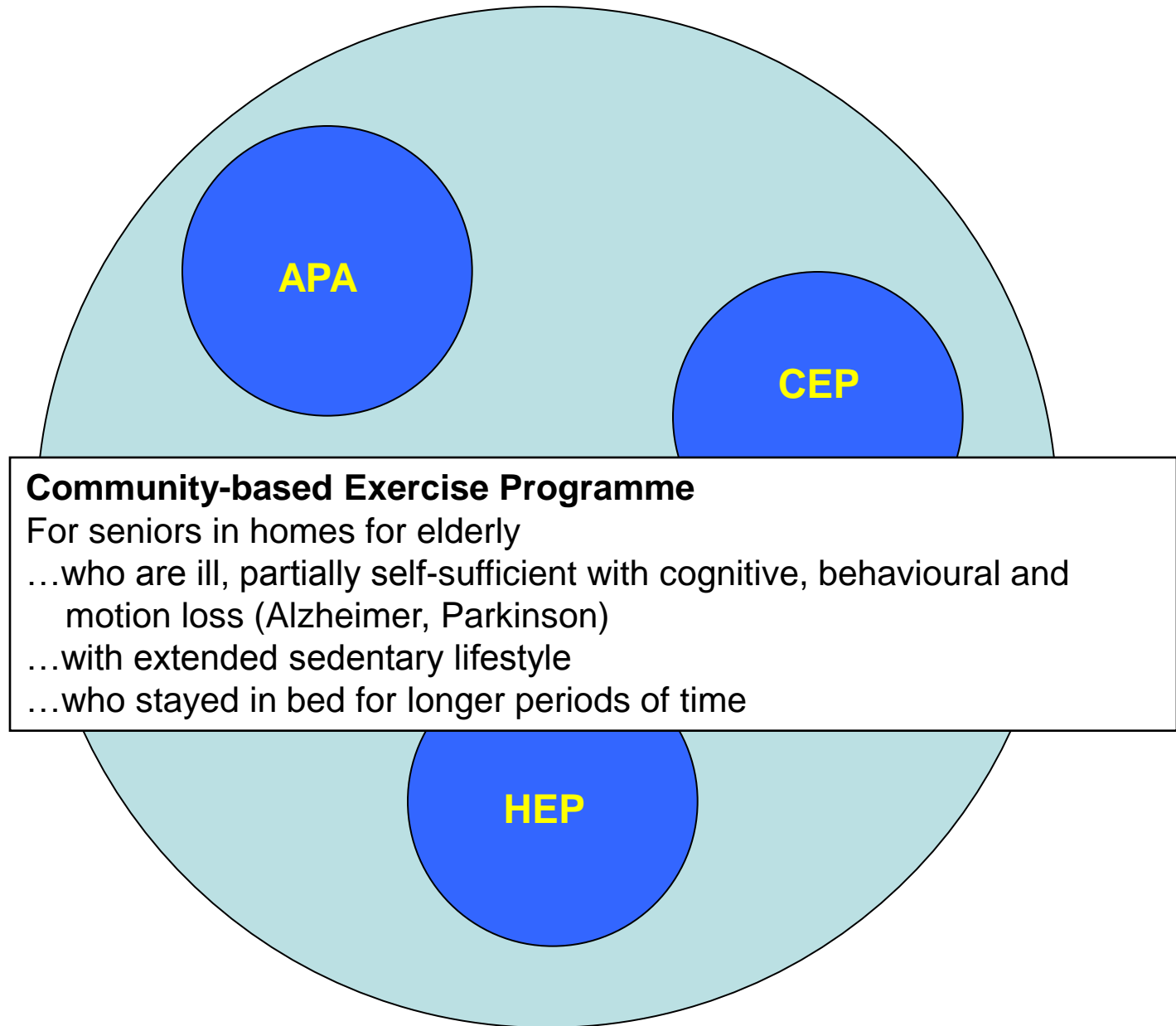
Home-based Exercise Programme



Adapted Physical Activity, Home-based Exercise Programme & Community-based Exercise Programme



Community-based Exercise Programme



COMMUNITY-BASED EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

COMMUNITY-BASED EXERCISE PROGRAMME



Move Congress, Barcelona 16-19 October 2013

COMMUNITY-BASED EXERCISE PROGRAMME



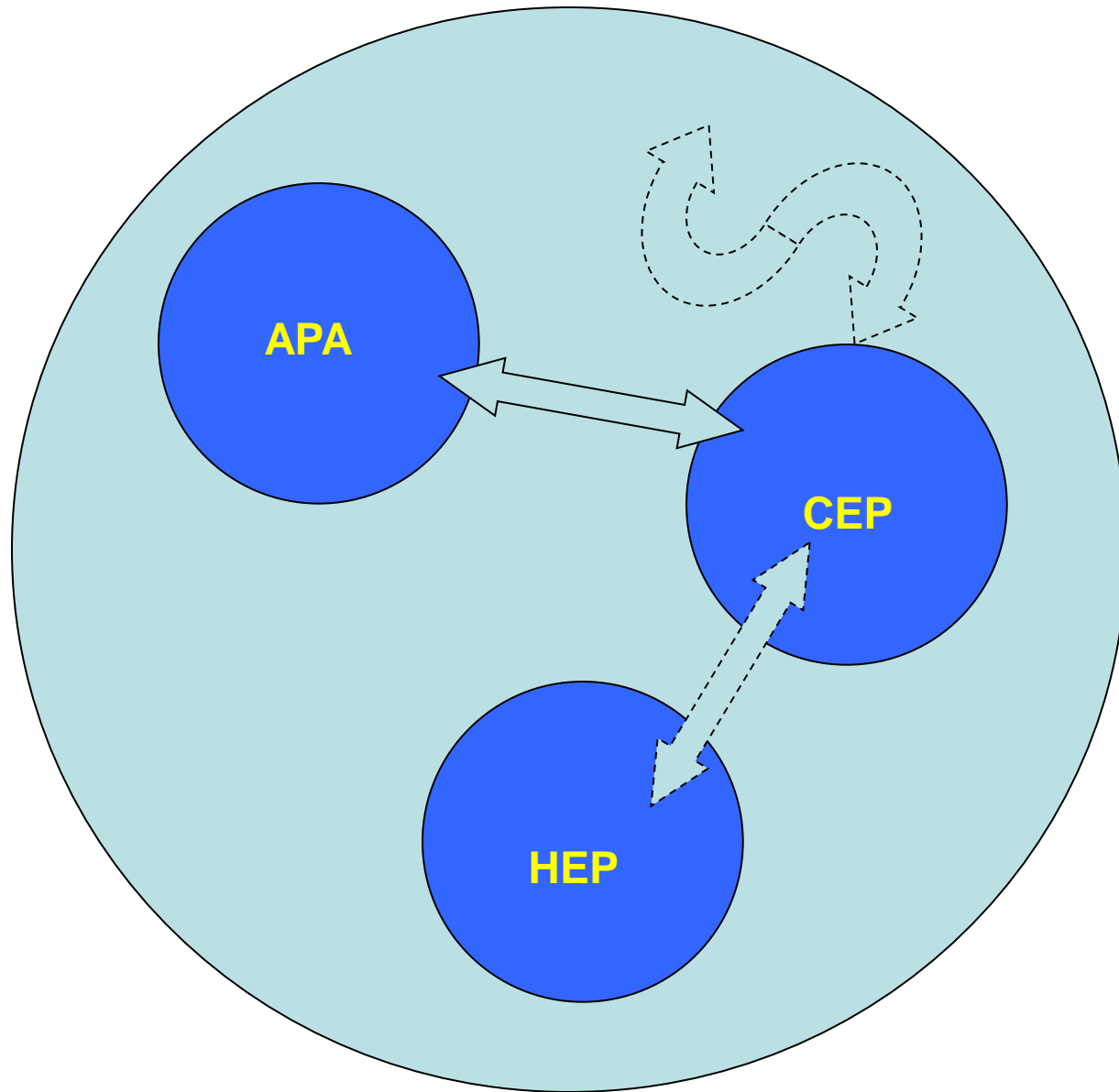
Move Congress, Barcelona 16-19 October 2013

COMMUNITY-BASED EXERCISE PROGRAMME

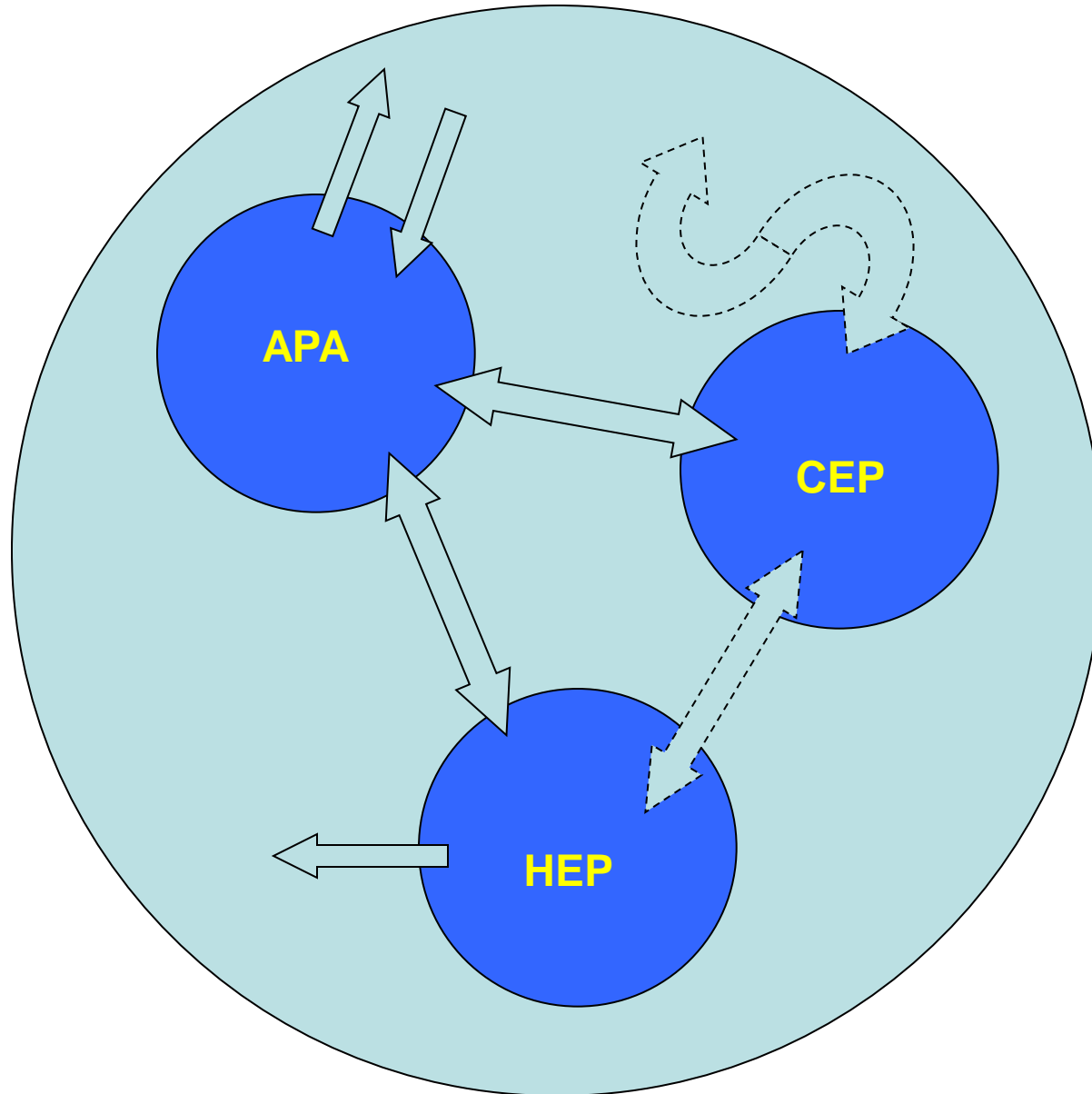


Move Congress, Barcelona 16-19 October 2013

Adapted Physical Activity, Home-based Exercise Programme & Community-based Exercise Programme



Adapted Physical Activity, Home-based Exercise Programme & Community-based Exercise Programme



“Movement is not only an interpretation of a new lifestyle, it is the basic principle for every new lifestyle... nobody excluded, of course.”

*Andrea Imeroni
Ex National President*

of UISP-Area perlagrandetà

www.uisp.it email: uisp@uisp.it