

# GYM WELT

## Active up to 100

**A project to initiate sports** groups in regional networks for high-aged people who are living at home and have never done sports

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## Active up to 100



1. The project „Active up to 100“
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4. The past experiences
5. Short Summary

## 1. The project „Active up to 100“

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- Pilot project, funded by the German Federal Ministry of Family, Seniors, Women and Youth. The project is a part of a project of the German Olympic Sports Association
- Timed: 01.01.2010 to 30.09.2011
- Intention: initiate sports groups for high-aged people (over 80 years)  
regional social networks (city, more rural area)
- The regional networks consists of municipality, senior organisations, sports organisation.
- Target group: 80 +, living at home, never having done sports
- Nearly impossible to motivate the target group with usual sports club programs.



## 2. The regional networks „Active up to 100“

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- In both pilot region: Social network with Sports clubs, Center for Assisted Living, Outpatient Care Facilities, Senior Clubs of Church and of local community, Public Health Department.
- The regional networks are built up and coordinated by the DTB.



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- DTB and the sports clubs: no chance to motivate the target group with well established programs. They are afraid, feel embarrassed, retire from active and from public life.

### 3. The sports groups „Active up to 100“

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- Vicious Circle of inactivity
- The consequence: Atrophy of physical and mental abilities, residential home for the elderly.
- Main intention: independence of everyday life, prevent hospitalisation in residential homes for the elderly.
- In the groups we want to ..
  - ... preserve the ability to go and the general mobility.
  - ... preserve the muscular strength to walk the stairs, to board a bus, to carry a shopping bag.
  - ... preserve the flexibility to wash and dress up oneself.
  - ... prevent falls through balance training.
  - ... practise brain training through physical exercises.
  - ... advance communication.



## 4. The past experiences

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It is possible to motivate high-aged people, if different organisations work together and build a social network:

- Coordinator
- Start-up financing
- Achern: Pick-up service, 25 applications (2 groups). Both groups are integrated into the normal club activities.
- Civic network: 2 groups, together with senior clubs of church and Centre of Assisted Living. Complete network has voted to stay together after the project phase





## 5. Short summary

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- It's possible to supply a city or a country region area-wide with training groups for high-aged persons.
- It works if a community work together with a sports organisation and a senior organisation.
- A coordination centre has to bring the different institutions together.
- Where could a coordination centre be settled on a continuous basis?
- How could it be financed?





**Thank you  
very much  
for your attention!**

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