"New frontiers of the body of seniors: lowimpact exercise programme, adapted physical activity, home-based exercise programme and community-based exercise programme"



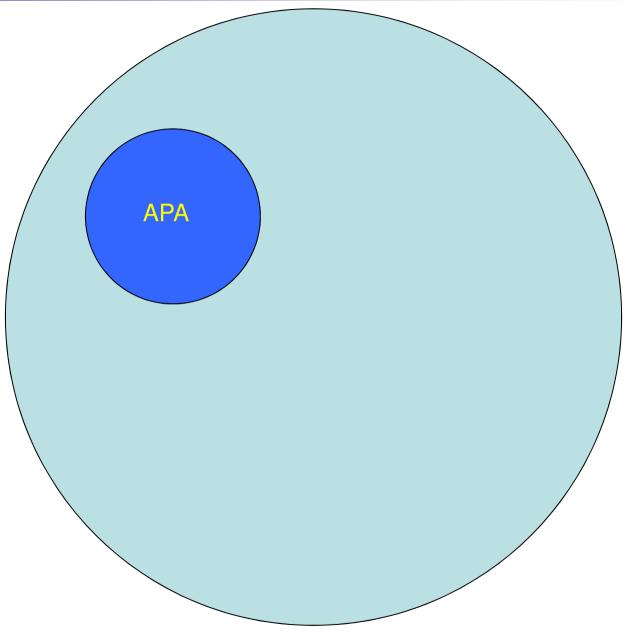
Low-impact Exercise Programme for all...nobody excluded

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.

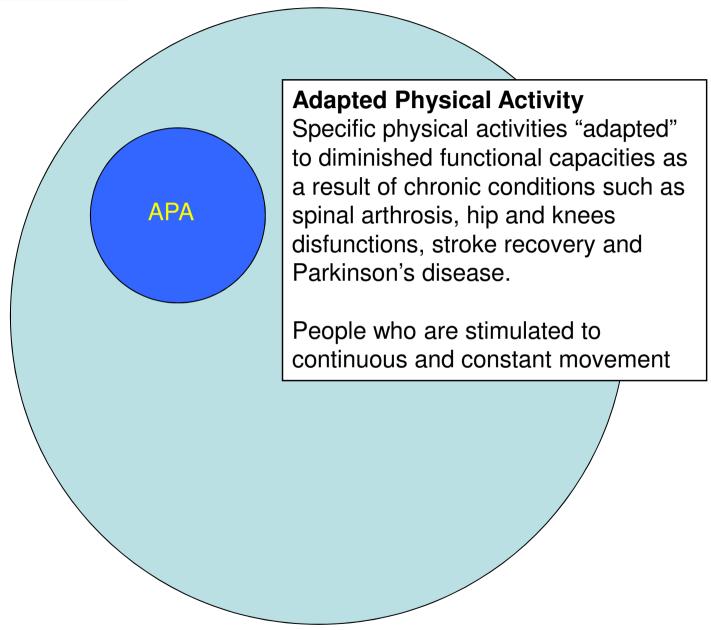
The modern science research has proven its use!

Adapted Physical Activity

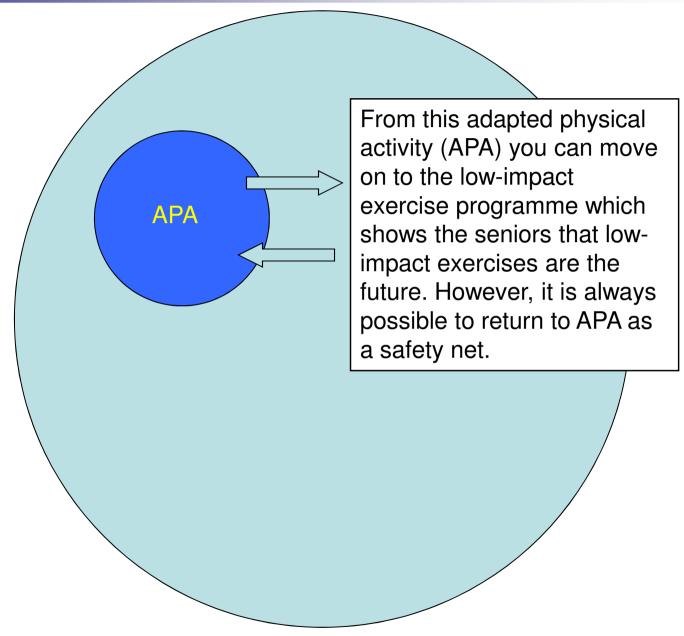


SANTE Thematic Seminar – Active Seniors August 30 – September 1, 2010

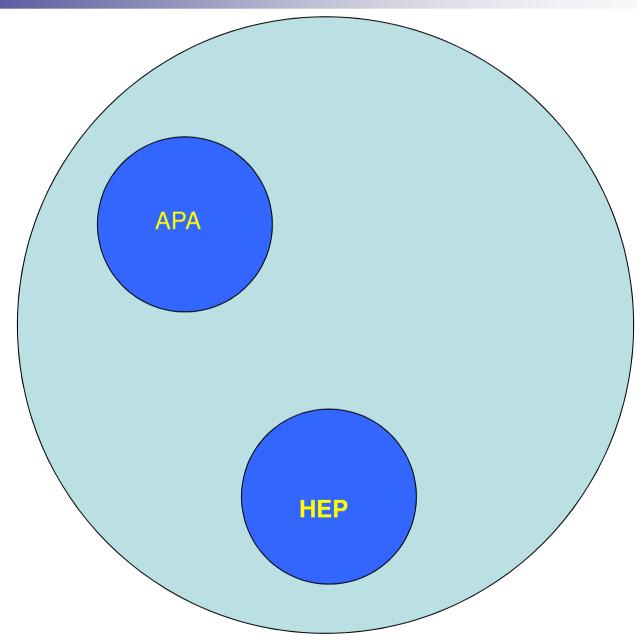
Adapted Physical Activity



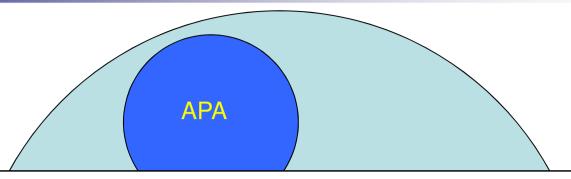
Adapted Physical Activity



Adapted Physical Activity & Home-based Exercise Programme



Home-based Exercise Programme

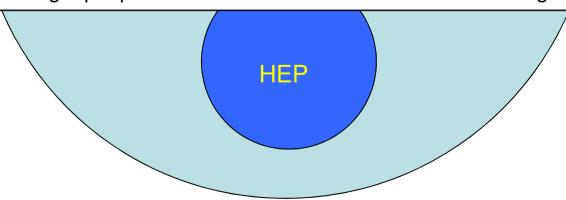


Home-based Exercise Programme

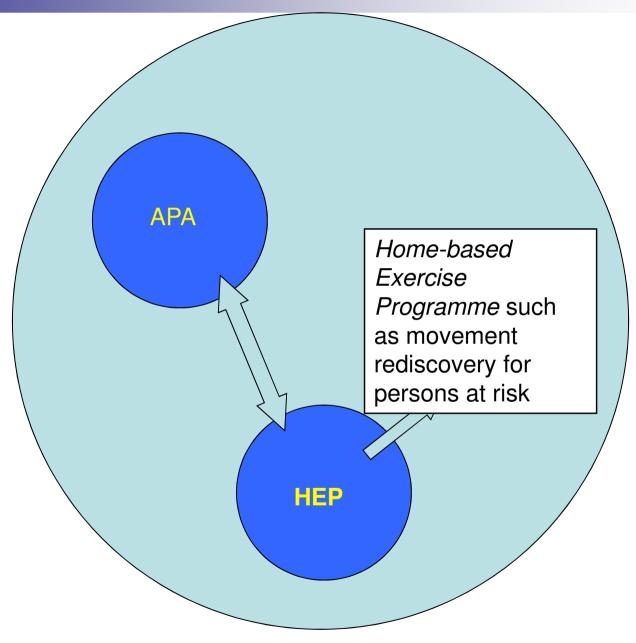
For persons with:

- ...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)

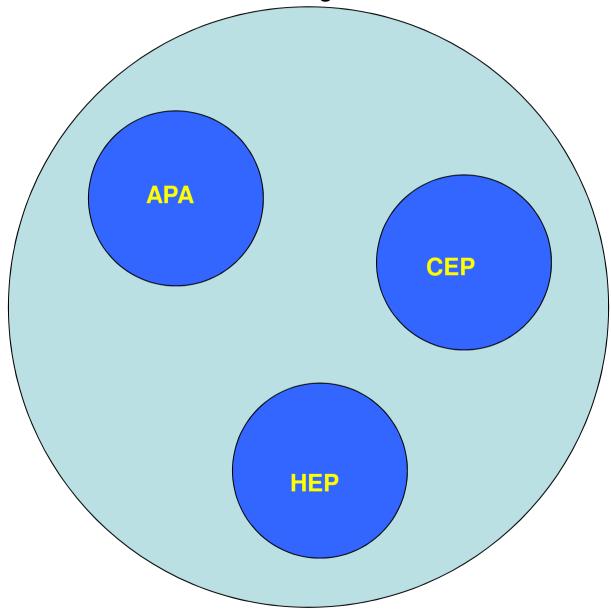
The goal is to get people out of the house into their environment again.



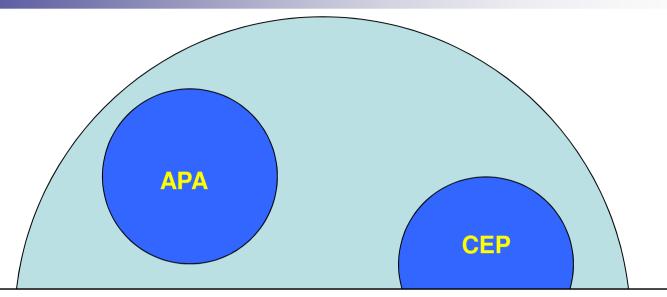
Home-based Exercise Programme



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



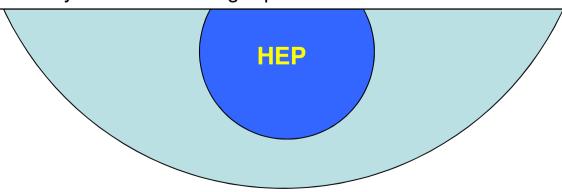
Community-based Exercise Programme



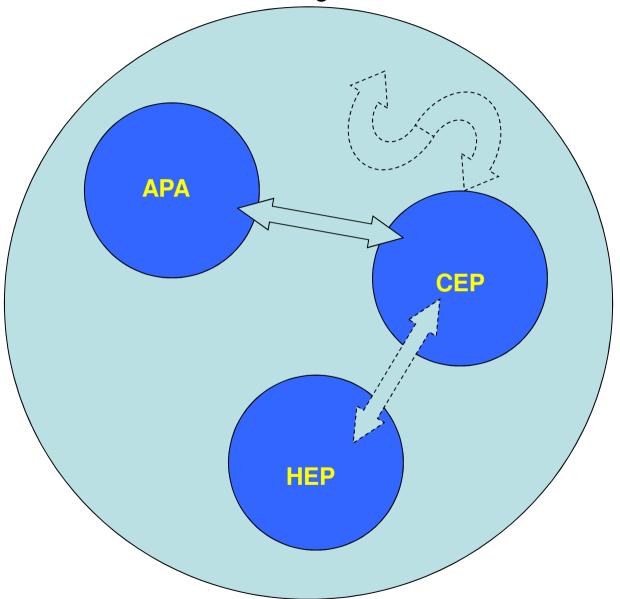
Community-based Exercise Programme

For seniors in homes for elderly

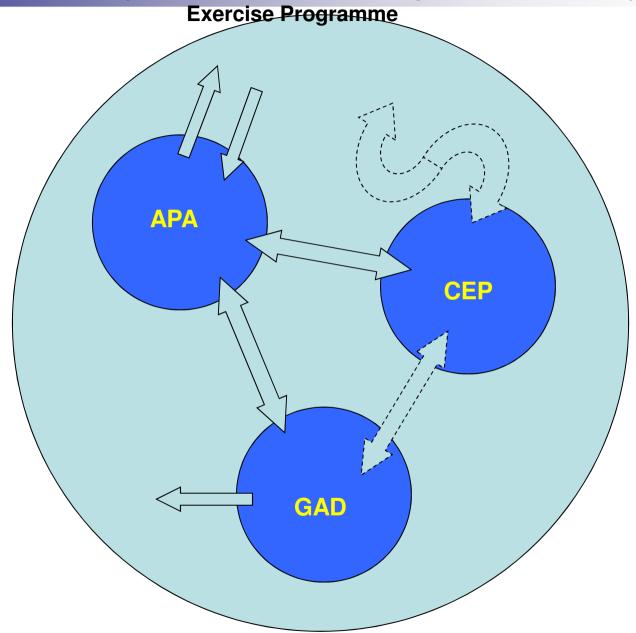
- ...who are ill, partially self-sufficient with cognitive, behavioural and motion loss (Alzheimer, Parkinson)
- ...with extended sedentary lifestyle
- ...who stayed in bed for longer periods of time



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



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



"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 National President

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