

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

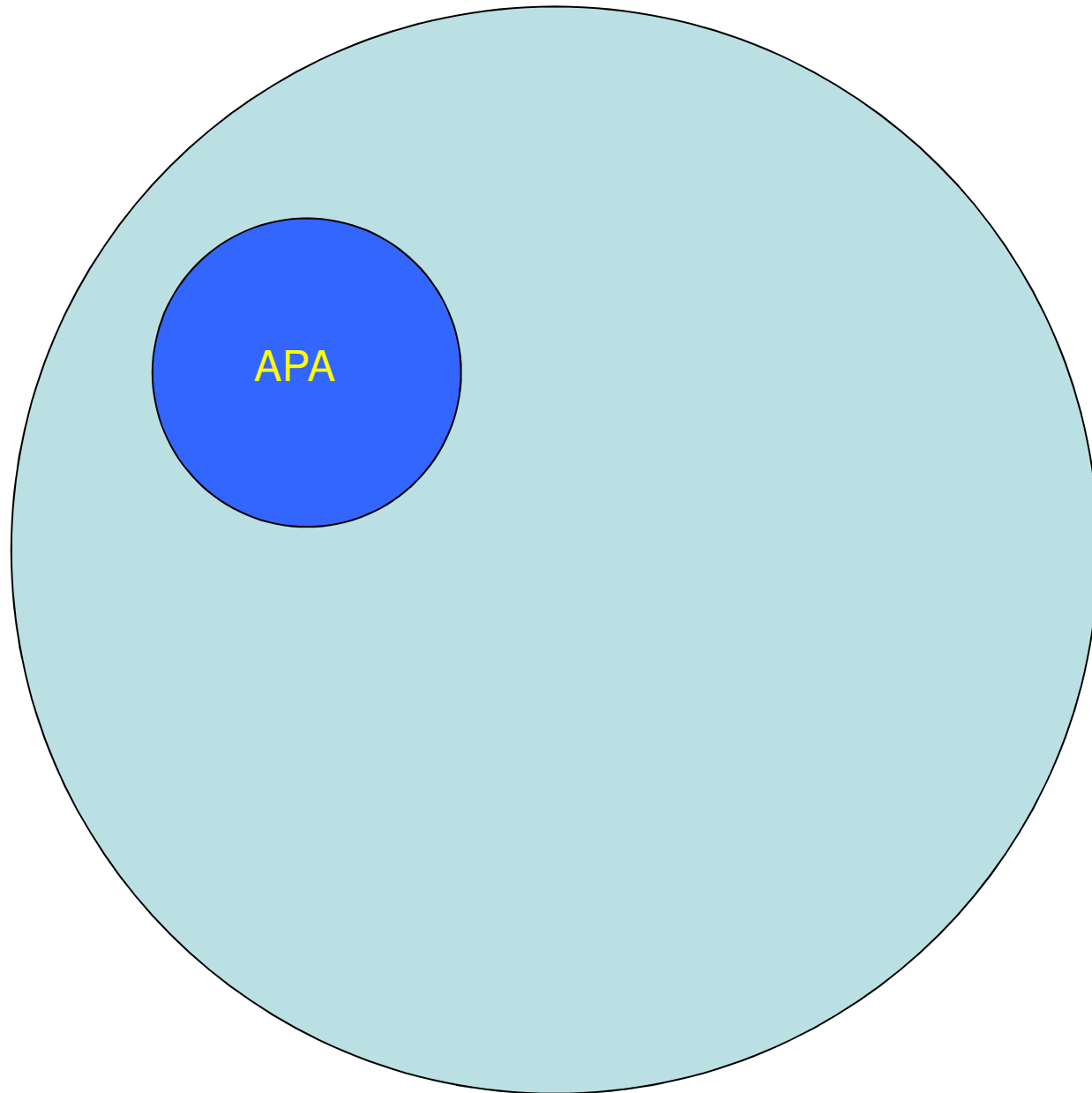


Low-impact Exercise Programme

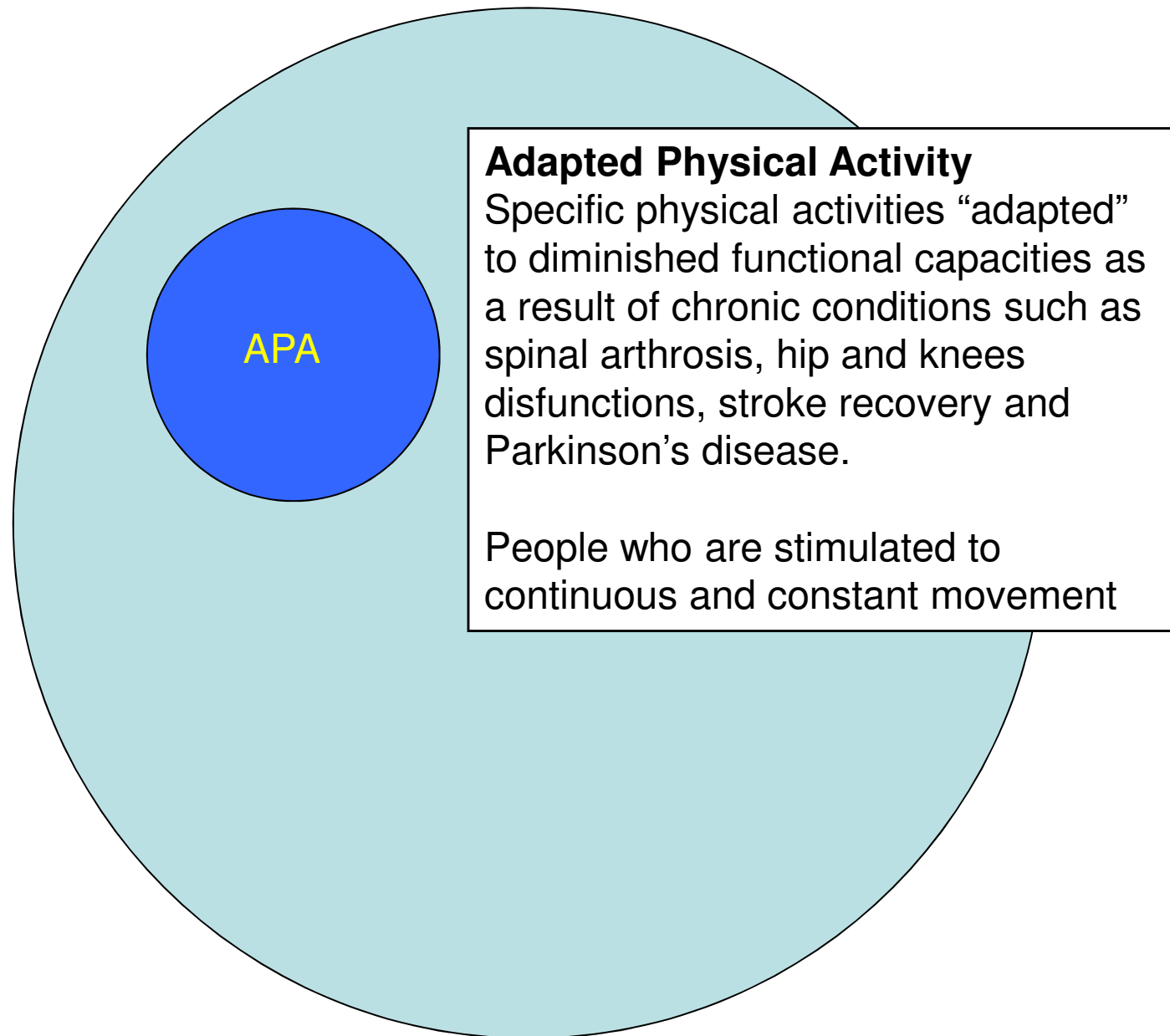
The soft movements which promote and maintain health are the future of positive ageing by their impact on everyone's life style. UISP started with gymnastics for the elderly in 1977 in Turin.

The modern science research has proven its use!

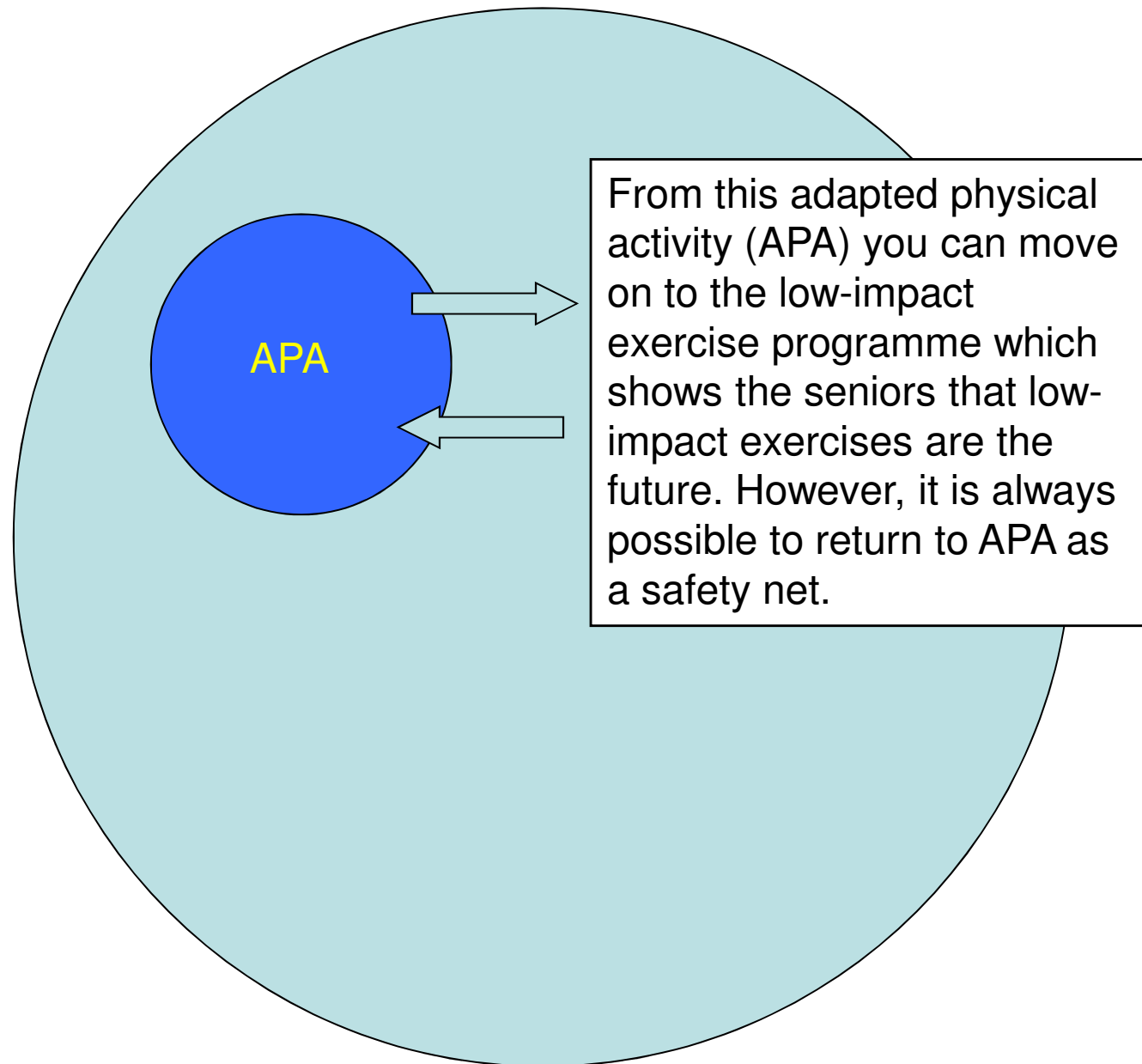
Adapted Physical Activity



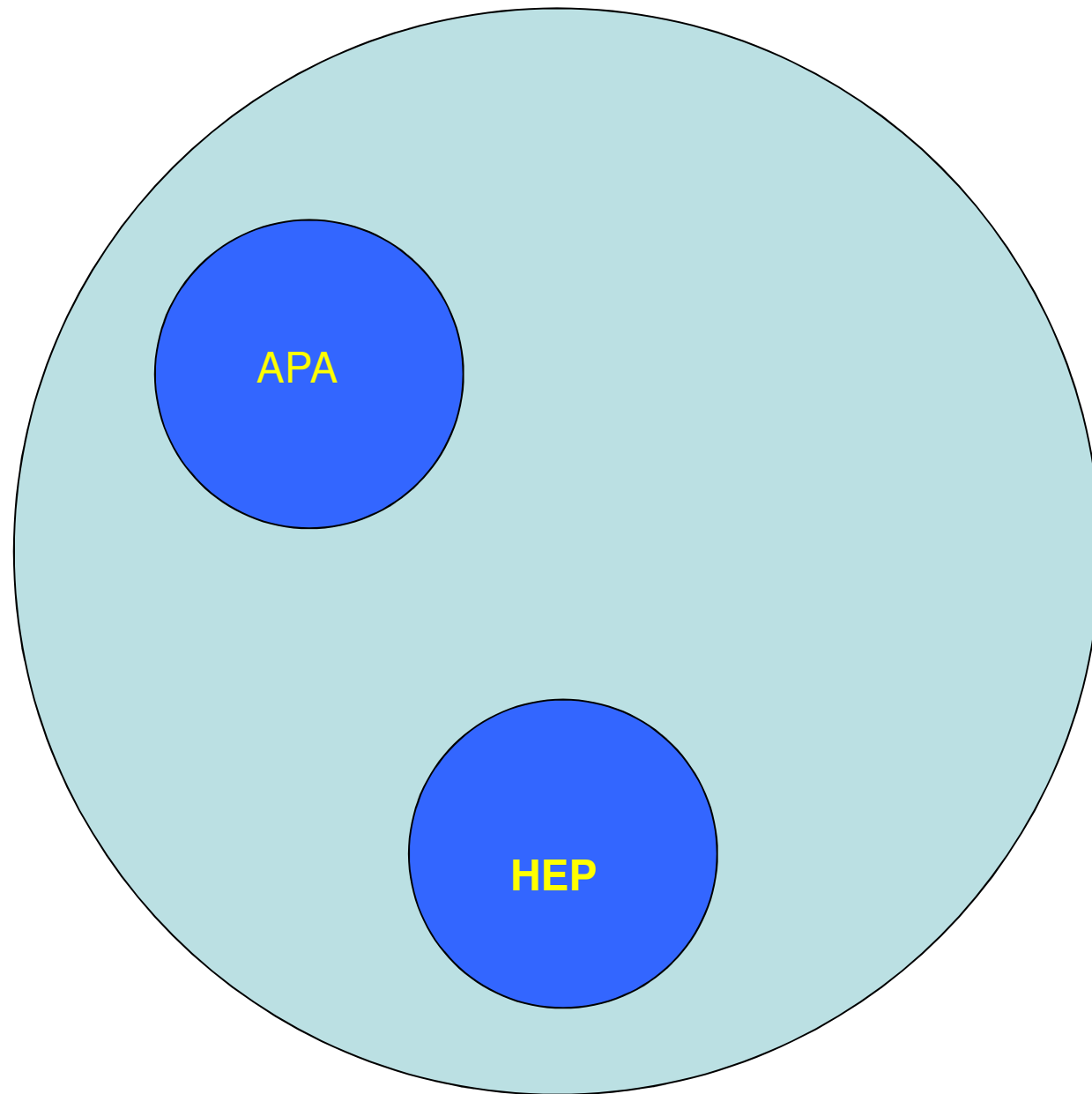
Adapted Physical Activity



Adapted Physical Activity



Adapted Physical Activity & Home-based Exercise Programme



Home-based Exercise Programme



APA

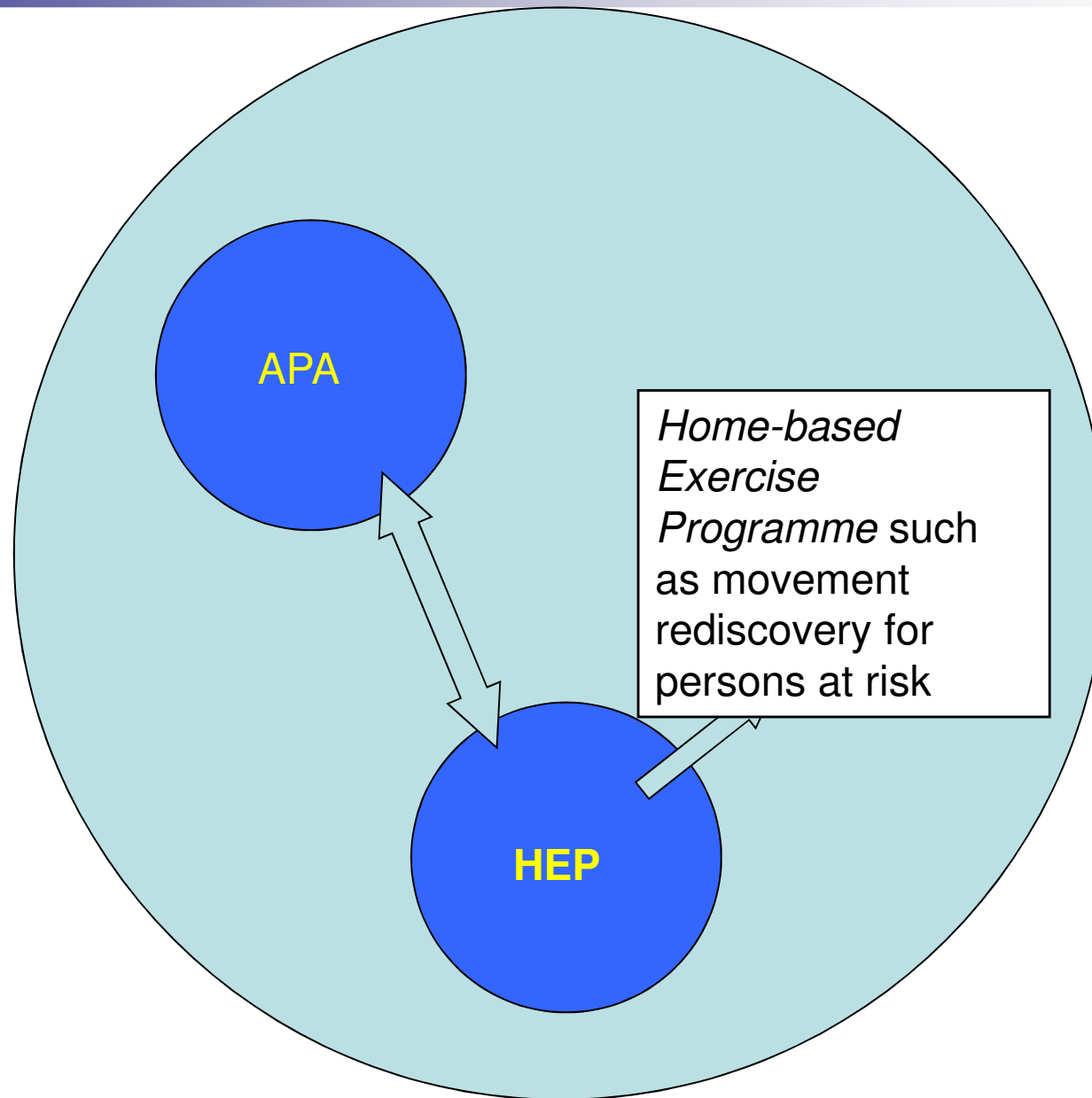
Home-based Exercise Programme

For persons with:

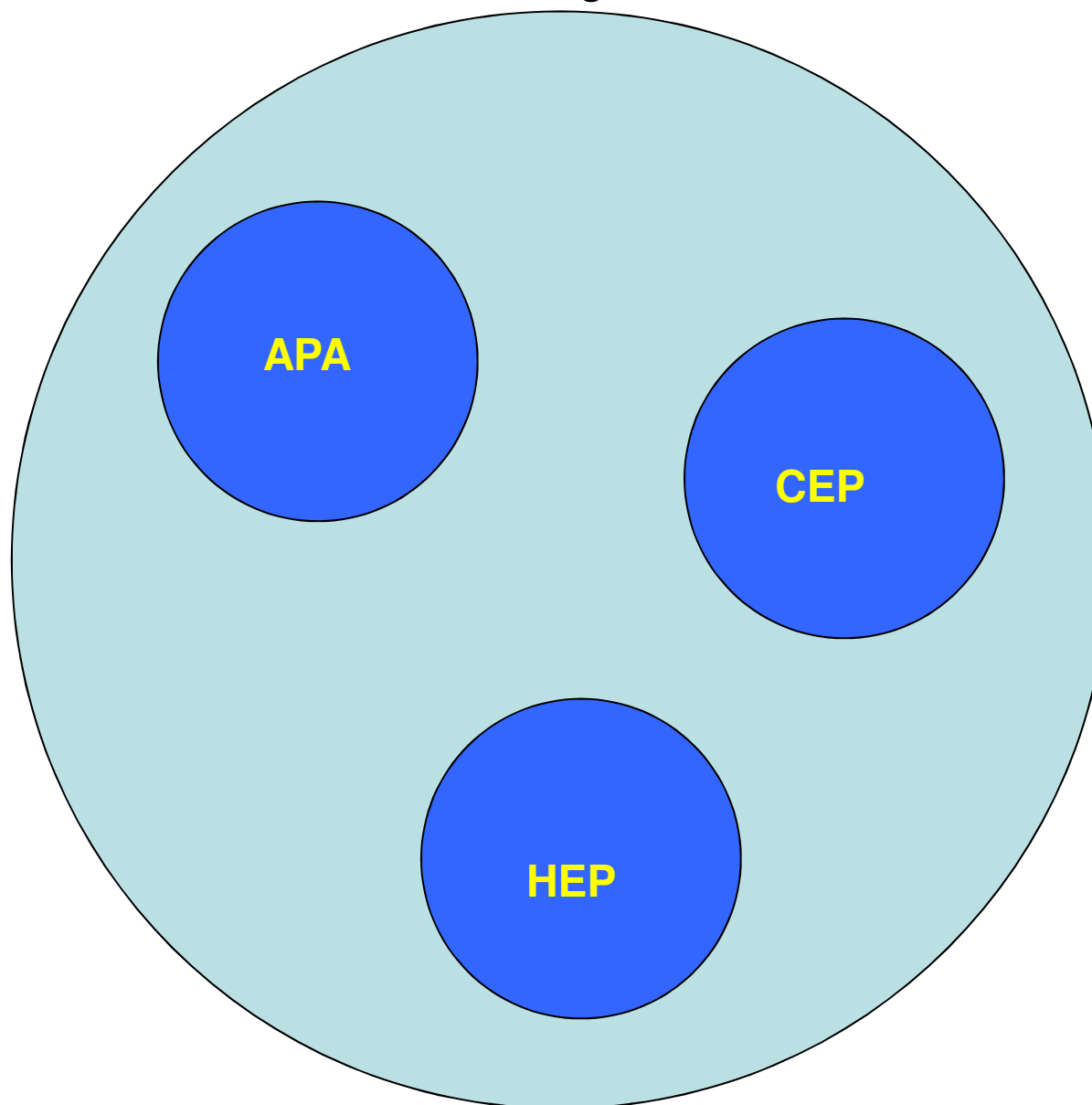
- ...no complete dependence on social services (light dependence)
 - ...evident functional loss
 - ...depression
 - ...loss of confidence as a result of accidents or falls
 - ...loneliness
 - ...advanced age
 - ...use of domestic assistance (shopping, paying bills, home aid)
- The goal is to get people out of the house into their environment again.

HEP

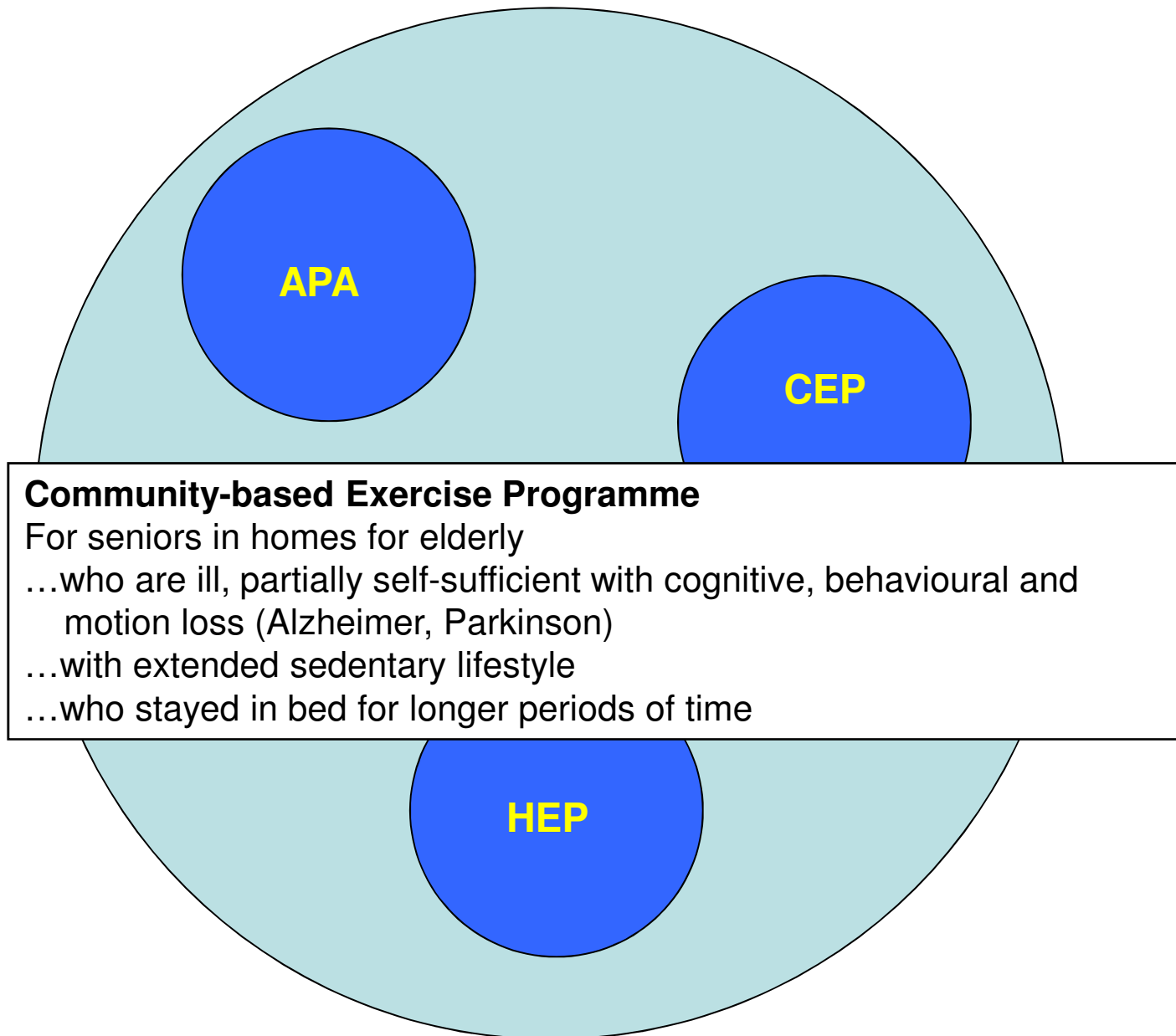
Home-based Exercise Programme



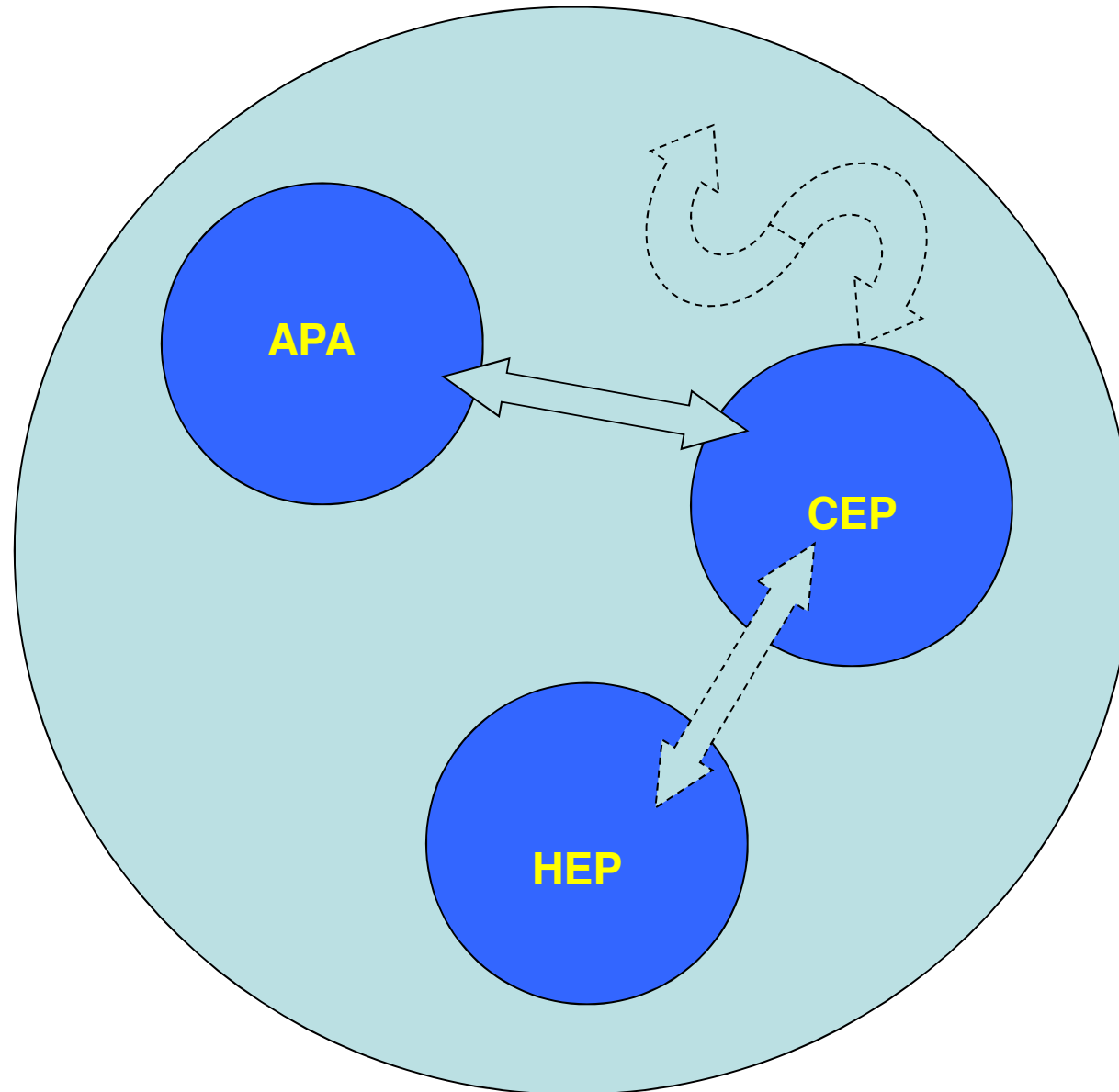
Adapted Physical Activity, Home-based Exercise Programme & Community-based Exercise Programme



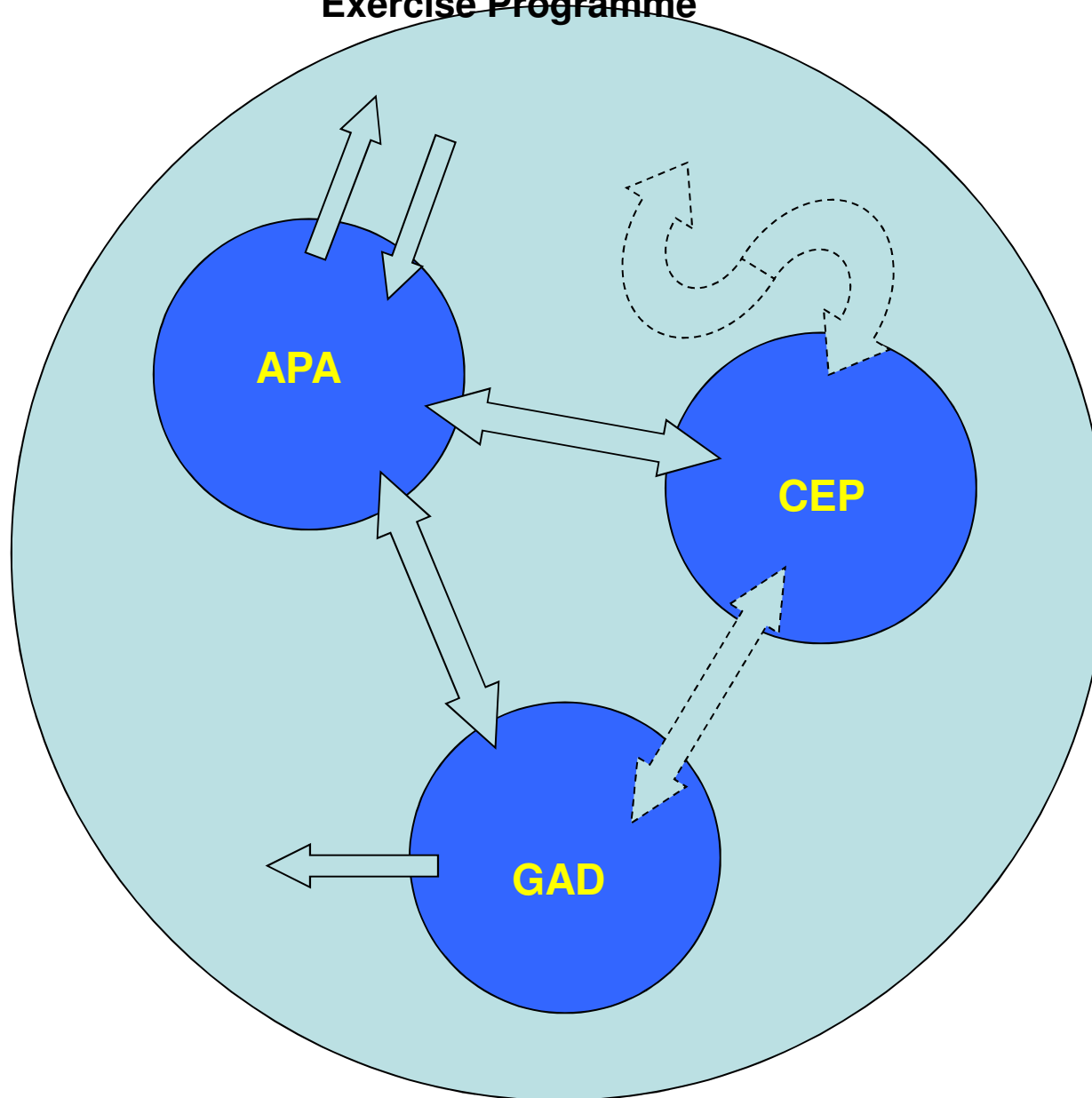
Community-based Exercise Programme



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
National President*

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