



Italian Network
of Healthy Cities
Association

GYNNAOTICA *dolce* MEMORY *training*



Promoting healthy lifestyles after 60



UISP Italian Union Sports for All - Bologna Provincial Comitee



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GYMNASTICA dolce
MEMORY training

The project

It's an innovative method which consist
of offering to a subjects over 60, motion exercises
combined with cognitive stimulation
that will train the body,
as well as the **brain**.

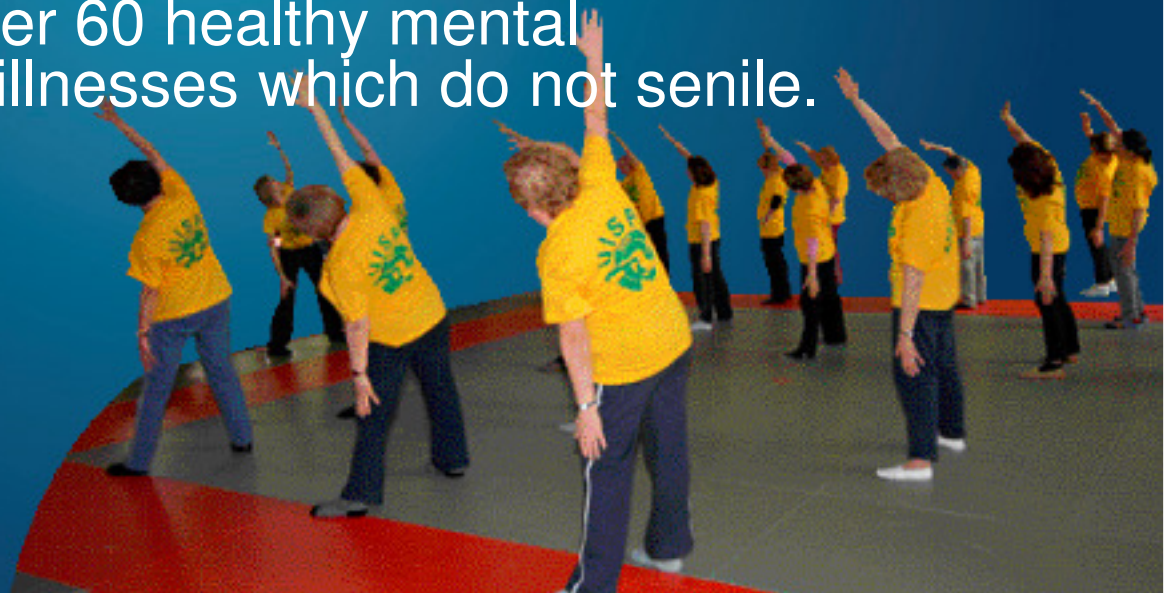




The project

The project combines gymnastics aerobic sweet stimuli as well as cognitive train the body also train the brain to stimulate the attention, memory and concentration.

It aims to stimulate the circulation motor and cognitive activity in those brain over 60 healthy mental and physical illnesses which do not senile.





The innovative aspect

The innovative aspect of the project is the fact that train both the body and brain exercises with engines from activities in the company in contrast to other systems only cognition that are practiced alone



The project aim to:

- promote healthy lifestyles active
- Make physical activity as defined by WHO to occasional daily 80% of practitioners.
- Improving self-esteem index
- Increase the number of opportunities to meet social





The project aim to:

- Counter the sedentary lifestyle, helping to increase battery life and mental physiology.
- Reduce the number of accesses to the general practitioner.
- Empowerment, increase through a proper system of communication, the awareness of the importance of healthy lifestyles





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Methods

Activities undertaken
provides 60 minutes of aerobic physical activity of
moderate intensity, associated with names, colors,
music and perfumes.





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Methods

2 weekly lessons of one hour each:
55 minutes of soft aerobic physical activity,
in connection with words, colours, music and odors.





The Goals

The project intends to make physical activity
a **daily habit**, in order to increase:

- physical, cognitive, psychological and emotional condition;
- awareness on **right lifestyle**;
- mood, creating **opportunities** for social activity;



Scientific committee

The UISP has created a Scientific Committee formed:

- School of Psychology
- Psicogeriatra Bologna
- St. Orsola Hospital Bologna

who developed the test
assessment administered to 200 healthy people over 60.
They evaluated the results in early
activity and after two months and were made comparison
with subjects that do not practice the method.



Scientific committee

Improving physical, cognitive, affective and self-esteem, increased independence and acquisition of new ideas and interests that lead to ever smaller need to go to the doctor.



Results

In the first year of activity, out of 3200 participants, 200 underwent an evaluation test given by specialized psychologists.

Tests showed that in 80% of participants there had been an **improvement** in psychological and physical wellness.



Results

80% of 200 subjects tested
showed a significant improvement of well being
as demonstrated by test results of
longitudinal, multicenter, controlled
participating in the project, 3.200, and
engage in regular activity
were satisfied.



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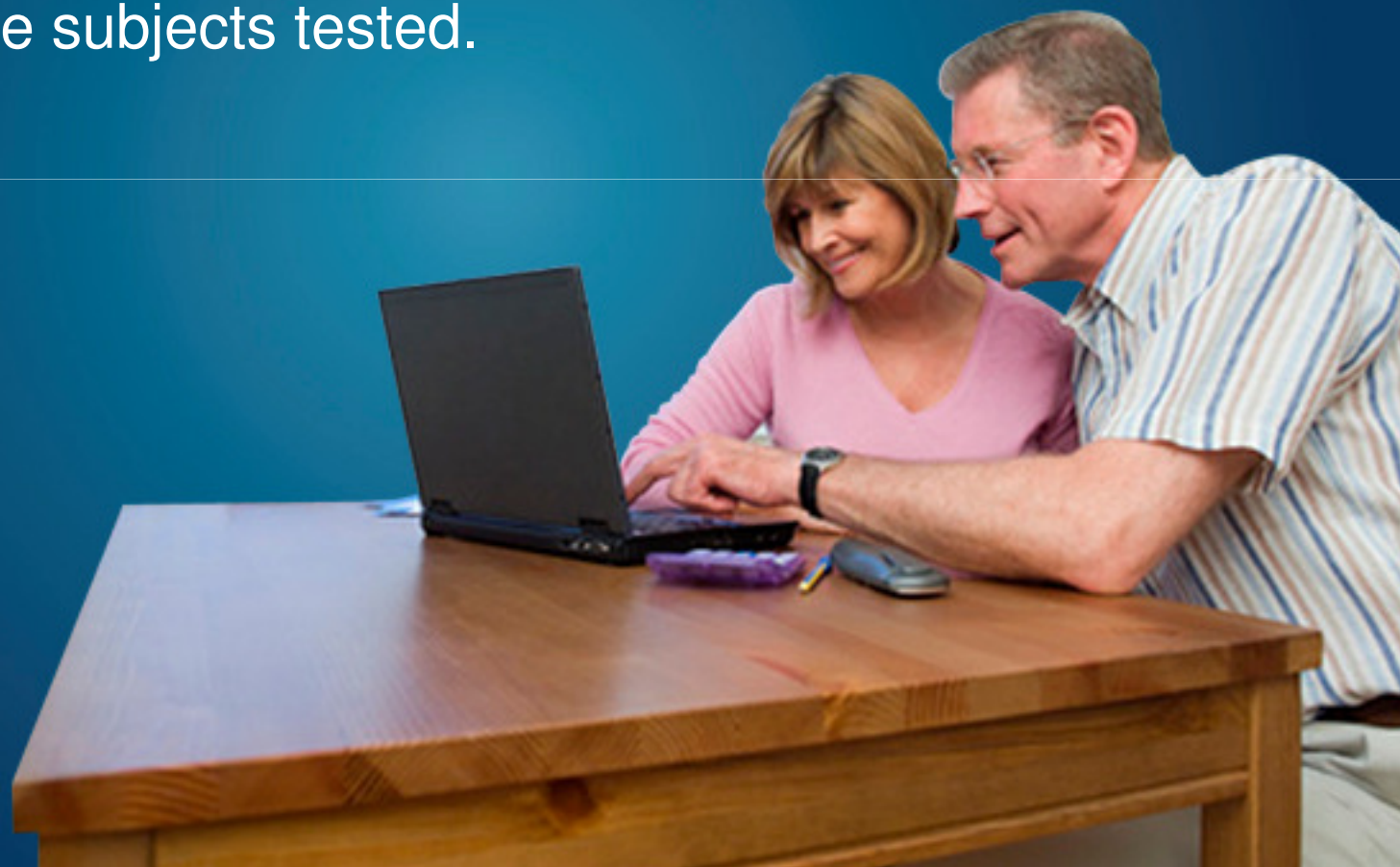
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Certification

The project was also awarded in December 2008 under the national meeting of the Italian Healthy Cities Network



The results have shown that it is a method that is beneficial to those over 60 healthy and could then be extended to the entire population within the target of the subjects tested.





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Portability

This method can be successfully applied
around the world
to healthy subjects over 60.





Thanks
for your attention and
have a good health

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MEMORY training

