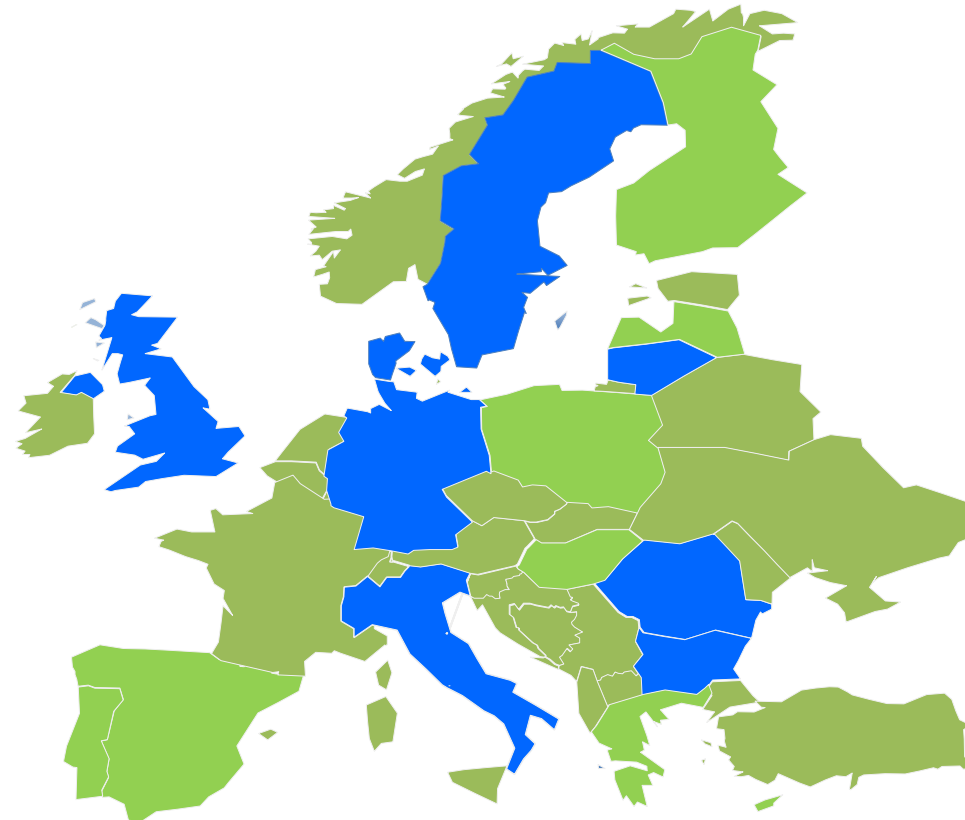




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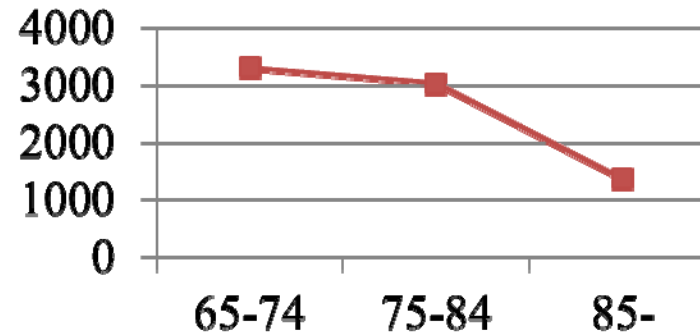
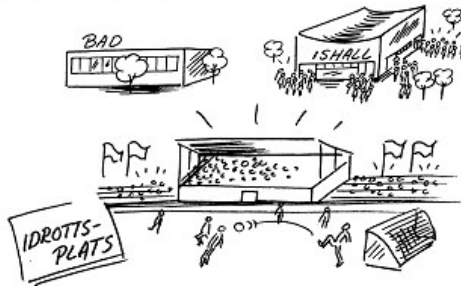




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Concept to "Active Ageing..."

Sport facilities



Training of staff at sports facilities

A subject of education, the aging

Course "Live Well"





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Bosön Sports College Direction

- The demographic challenge
- Life long learning
- Public health



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Adult Education

- Adult Education is a central part in the process of local development
- Through public education strengthen individuals from nonprofit, public and private sectors
- Important for sustainable local and regional development



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Live well

Purpose



Meeting Point

Inspiration

Health

Activities

Breaking the
intergenerational

Valorisation



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Why

- Live well
- A course for those who like to meet others, inspire and be inspired by fellow students as well as skilled teachers in an environment that is peaceful but still pulsates with activity.
- See Sport in a lifelong perspective
- Sport will lead to health



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Thinking sport

Balance



Enjoy water





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Is about

Live well the course, is about physical fitness, IT skills, but also discovery in literary, in diet and exercise you will know more about healthy food

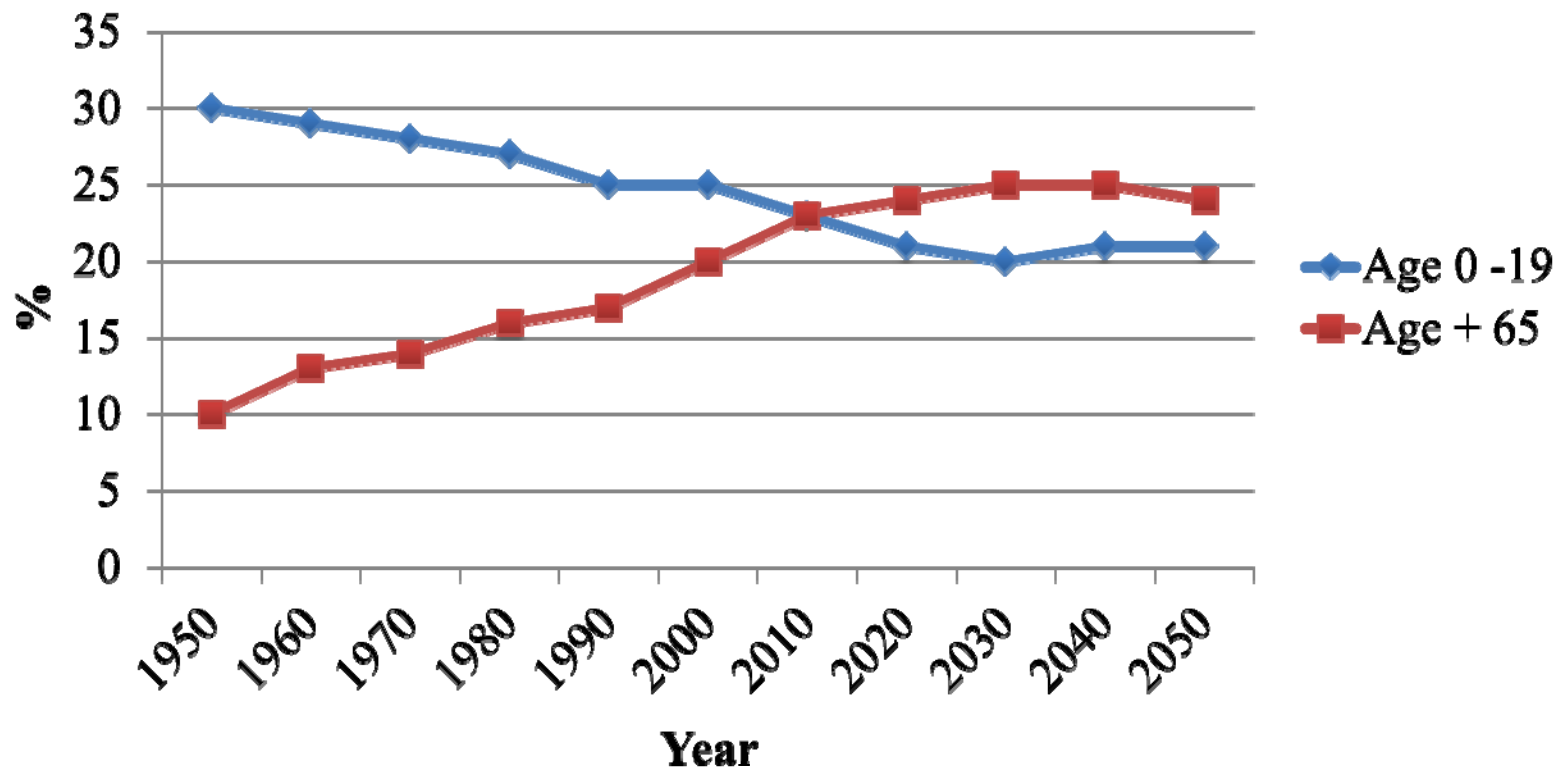
This is combined with all the good stands to various forms of movements and sensations boat the physically and mentally as Bosön sports college offers.



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The demographic challenge

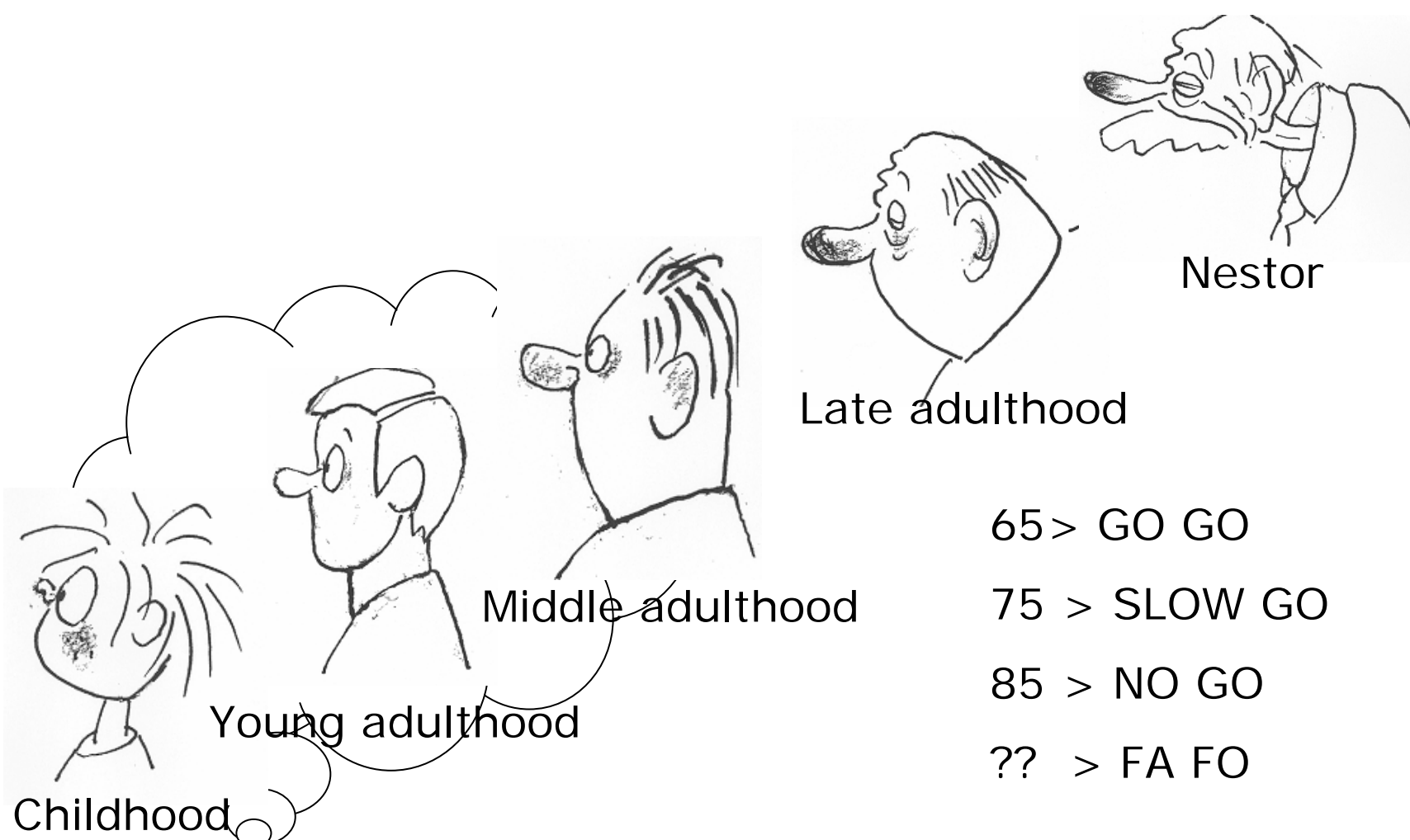
Proportion young and old 1950 - 2050





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Life development



65 > GO GO

75 > SLOW GO

85 > NO GO

?? > FA FO



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Sport for all



The study improves the body's oxygen uptake at maximum employment on average by 23% after the training.



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Despite the high intensity did not lead the training on their stake ergometer in some congestion symptoms



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Demographic development

Rising life expectancy

Healthier older generation

Longer life span length

Shorter working lives

Longer period as a senior



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Valorisation

Lidingö city

European Social Fund

Czech Republic

UK

European Sport for All Network

International Sports and

Culture Association



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Everyone needs help sometimes

In the age of 65 increase the need of support

93% can still live at home

Self-care

We should really try to find answers outside the traditional medical system





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Creating exercises



- Strength, coordination, mobility, fitness
- Literature
- Experiences from the 'Live well'-course
- Former participants as an experimental group



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The result

- Self-instructional material
- Introduction with general information about training:
 - How the body is affected
 - Duration, reps/sets
- Short films showing:
 - Strength exercises that can be done at home
 - Strength exercises in the gym
 - Balance and coordination exercises
- [AP: Strength exercises that can be done at home \(Knees bent on/off chair\)](#)



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Evaluation – how it was done

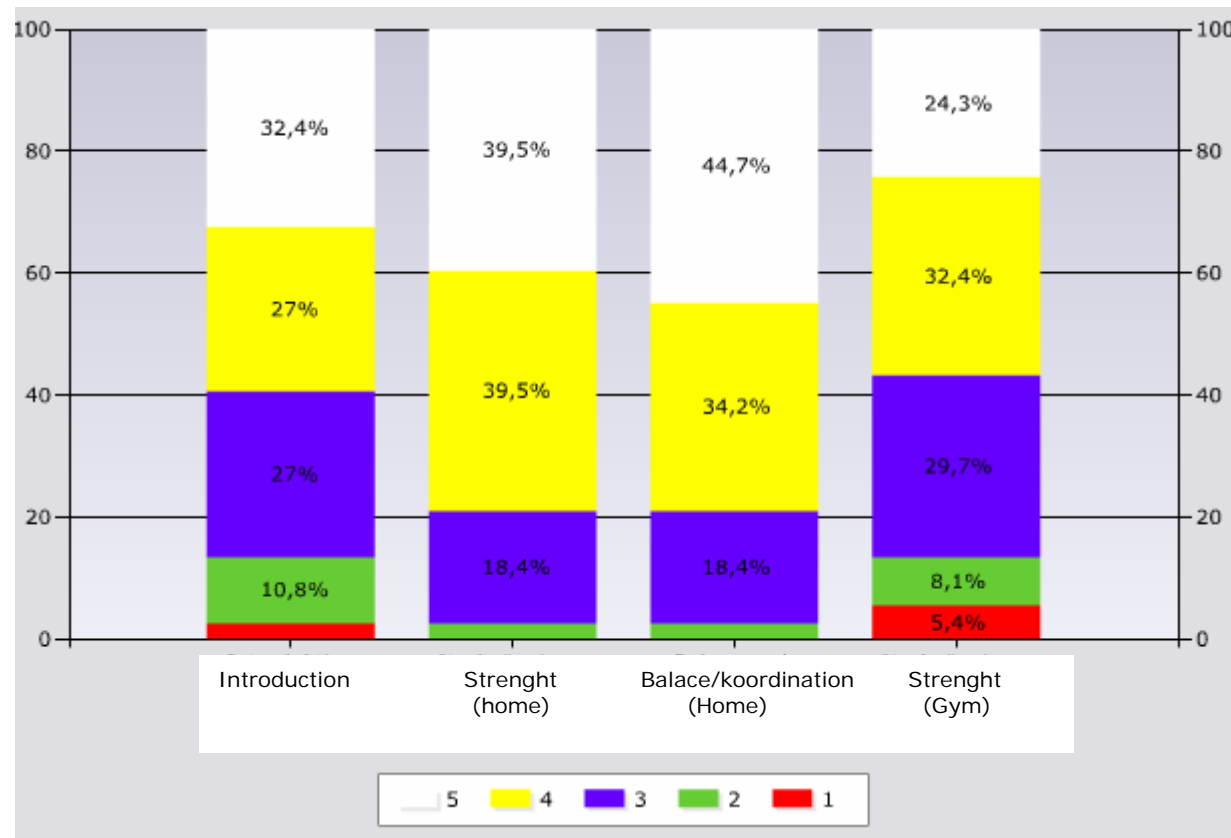
- Participants (n=49)
- Respondents (n=41)
- Exercises and web





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User - friendliness

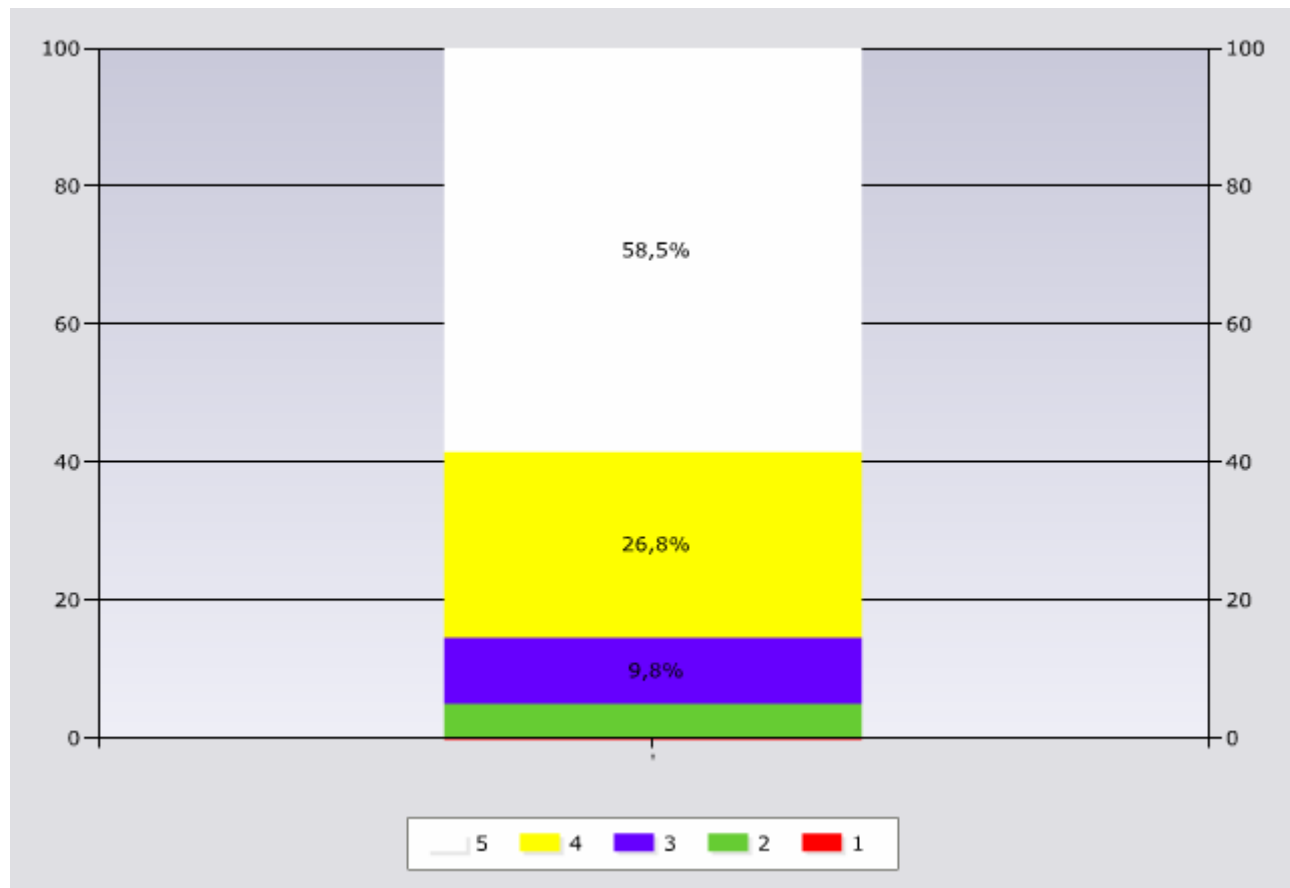


Very high-----Very low



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Instructions were easy to follow

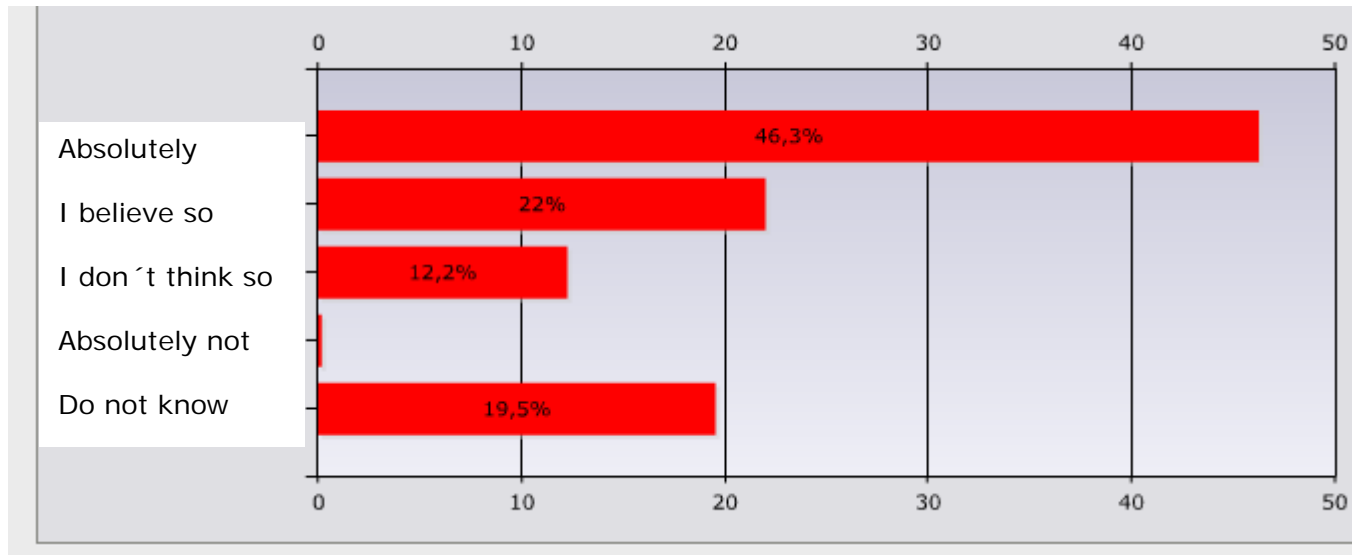


Fully agrees-----Do not agree



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Would you recommend ...

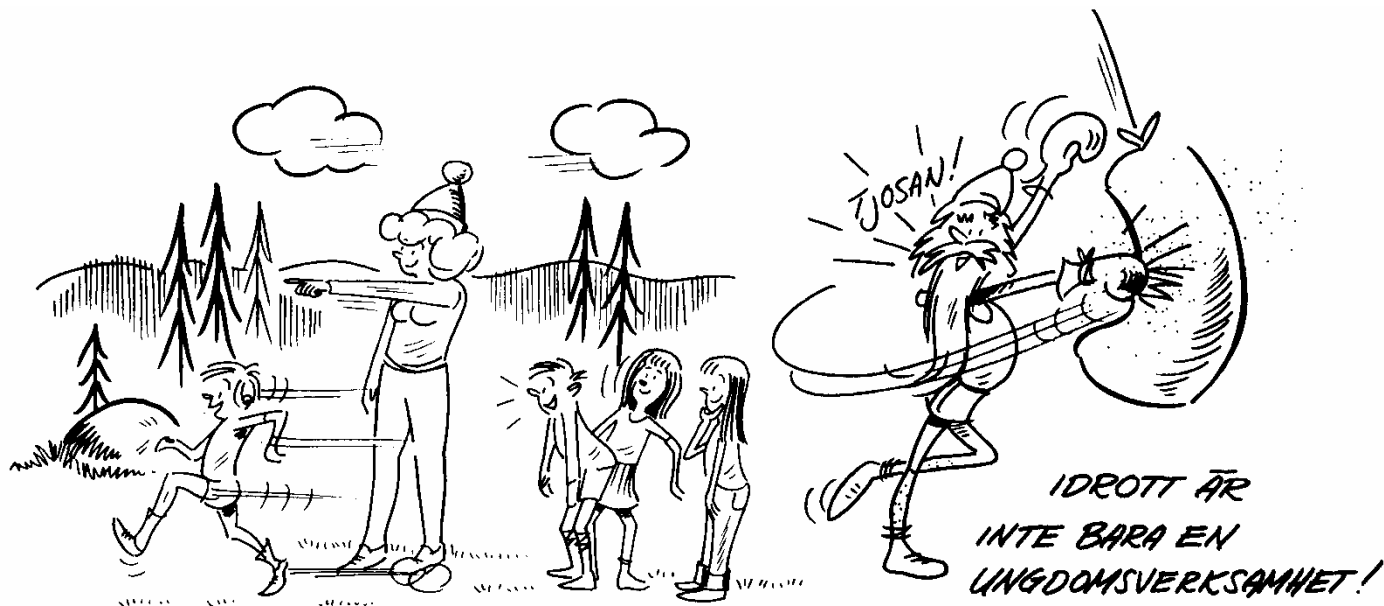




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I'd like to

- Never too late to start
- Always too early to conclude





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The joy of meeting





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Thank you for listening

Therese Persdotter
Ulf Lindberg
Kurt Granlund