Everytime – everywhere:
Walking for healthier ageing
Sport for senior citizens in a national network

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Cornerstones

• 1/3 of the Hungarian inhabitants are over 60 (more than 3 million persons) and around 2/3 of them are women!
• People over 60 are under-represented among those who have secondary or higher qualification related to the younger age-group.
• People over 60 years: 3 % religious, 15 % occasionally, 82 % never do physical activity.
• Today about 6.5 billion people live in the World with average 28 years; will surpass 9 billion by 2050 with average 38 years! (Standard & Poor’s)
• Today nearly 1/10 of the world population is older than 60
• According to the data of the UN the number of people over 60 years will grow from 600 million to 2 billion by 2050. (there could be more elder people than children!)
The employment rate is 55.4% among Hungarians in the age group between 15-64. The EU average is 64.6%.
It’s up to you to be healthy – regardless of age and gender!
Why is it crucial to be physically active over 60 years?

- In the World
- In the EU
- In a country
Sport for senior citizens shall be supported

- It increases the number of healthy years of life, free from diseases
- It helps to preserve normal body-weight
- Reduces symptoms of depression and pain
- Improves well-being and mental balance
- Provides occasions for socializing, framework for communities
- Global problem, common challenge
- Specific approach is necessary
Who could help?

Retired population
The organizer of the physical activity community

- Local government, municipality
- Educational institutions (nursery schools, primary/secondary schools)
- Cultural institutions (libraries, community centres)
- Local media
- Institute of National Public Health and Medical Officer Service
- Family doctors, district nurse
- Local contractors, service providers
- Churches, organizations of charity
Sporty lifestyle for elderly people
(Recommended physical exercises)

- walking, excursion, Nordic walking
- running, cycling, orienteering
- dancing (all kind of dance)
- gymnastic, spinal gymnastic, aerobics, yoga
- ball-games,
- swimming, aqua-gymnastics
- winter-sports: some of them
- Depends on local conditions and facilities: horse-riding, playing golf and sailing.
The two most important rules for senior citizens:

1. You are never too old to start being physically active.
2. Exercises can be done anywhere, anytime.
Objectives of a moving (=the walking) project for elderly people

- promoting healthy ageing in later life stages (people aged ≥ 60)
- elaborating health promotion programme which is not expensive (energy-balance)
- help to protect the health of elderly people parallel with the medical therapies
- increasing knowledge among older adult participants of the benefits of physical activity.
Which sport is the most suitable for elderly people?

- not expensive
- near the place of living
- almost everyone may feel successful, (= noone is clumsy!)
- no need of master-coach just a simple leader
- no extra sportstadium, the NATURE is the best
- Regardless of age and gender: good moving
The walking
From 2004 Ten-thousand steps
The Senior Walking Club is successful if:

• There is a lot of information available (What? Why? How?)
• It takes place at the same time, people can easily get used to it
• It has strong communal and social atmosphere
• It is entertaining and provides positive experience as well
• It is playful but in some cases competitive
• It is not staying always general, it becomes more and more personalized
• Its training programme includes more groups
• It is able to identify “key people” and let them take their own ways
• The training plan and the training itself is diversified
• It sometimes organizes collective programmes outside the training for members (occasionally for their families)
A walking club-program

• Meeting at the training place (cover, toilets)
• Key-persoons (coach, nurse, doctor, ….)
• Warm-up together – standing gymnastic
• Walking 2-3 different distances (2-4-6 km)
• Lecture in a ¼ year: nutrition, culture, other useful information for elderly people
• Program for the next time (weekend, …)
• Media – local and national
Warm up gimnastic!
Our first results in Budapest

- Since 2004 more than 1450 persons participated at our walking-program
- Formed a core-group with 60-70 people
- Lectures after walking 28 (4 in a year)
- Common programmes: common participation at Health Days and at sport festivals
- There are now more than 142 Walking clubs for the elderly people in the country
Milestones of the senior Walking Club Network

• Pensionist Club-network transformation to Walking Club-network
• Most help received from local government and local media
• Walking clubs in Hungary network since 2004 – today (142)
• National walking-meetings at World Heritages sites
• Neighbour-meetings: exchange of best practices like stepping meter, Nordic Walking, healthy nutrition etc.
• Yearly national level meeting with other parts of culture: singing along or in a walking-chor, dancing, ageing-problems, recitation….local countryside diner – no luxury
• Small office for project management (National Health Promotion Institute)
Hungary – Hortobágy
World Heritage
Textbook examples of physical activities for seniors
General advice on physical activities for seniors

<table>
<thead>
<tr>
<th>Physical Activities:</th>
<th>Elderly under 65-70 years</th>
<th>Elderly over 65-70 years</th>
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</thead>
<tbody>
<tr>
<td><strong>Frequency</strong></td>
<td>2–5 days a week</td>
<td>2–3 days a week</td>
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<tr>
<td><strong>Intensity</strong></td>
<td>Pulse rate 180/ minutes, minus years</td>
<td>Lower pulse rate / minutes (than 180), minus years</td>
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<td></td>
<td>e.g.: 180-60 years = 120</td>
<td>e.g.: (180- (70+10)) =100</td>
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<tr>
<td><strong>Duration</strong></td>
<td>30–60 minutes/occasion</td>
<td>20–30 minutes/occasion</td>
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<tr>
<td><strong>Types of activities (sports)</strong></td>
<td>Walking, swimming, cycling running, dancing, rowing, climb the stairs, old gym, aqua-gym,</td>
<td>Walking, swimming, cycling dancing, special gymnastic,</td>
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<tr>
<td><strong>Community facilities, and their types.</strong></td>
<td>In society, with friends, family, neighbors and with their associations, alone.</td>
<td>With family, friends, neighbors, in associations, or possibly with other elderly</td>
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</tbody>
</table>
The most important remarque

3. Energy Balance
2. Women and men
1. My body
1. Our body is valuable capital?!
1. Our body as our capital!? 
On a Running Race or a walking event: first the „pencils” are coming after them „the rubbers” and afterwards the „double rubbers”.

A trained “rubber” is a lot better than an untrained “pencil”!

(A trained „double rubber” is nearly as good!)
2. Women are Conductors of healthy lifestyle of the family

Guard of energy balance: moving/eating

Professor in calorie counting

Model, an example in lifestyle of sports
2. Interesting:

How many percent are women?

23% 85%
3. The challenge of energy balance

The socio-economic gaps between the elderly:

People with higher education and higher income are more physically active compared to those with lower education and lower income.
Walk please, even if the pitch slopes...
The End: There are no miracles, but sometimes....!
An old, special triathlon-woman: orienteering, marathon, cross country ski,
Senior Walking Club
Autumn
Winter