

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

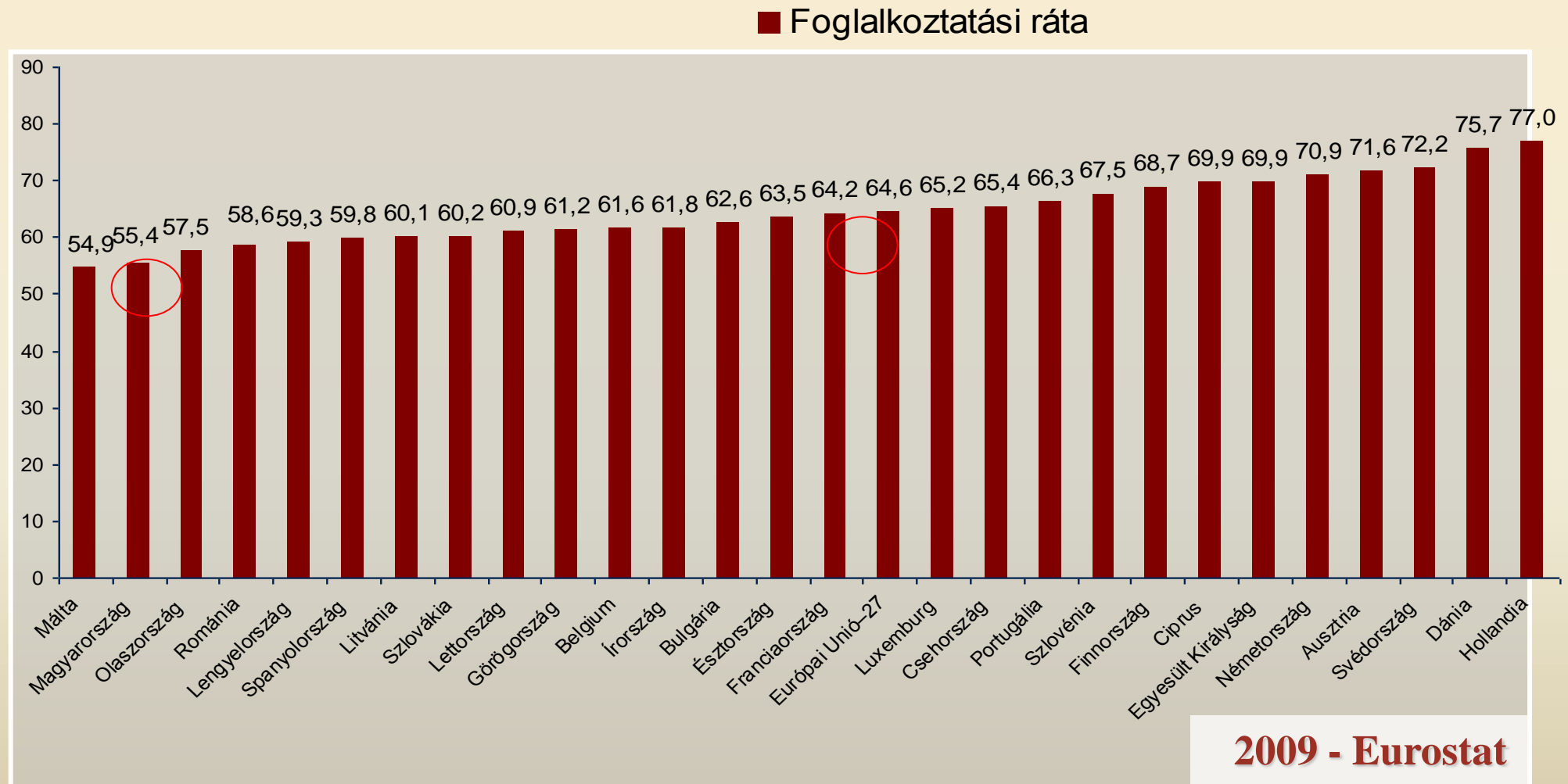


**20. October 2011.
Sarolta MONSPART
President
National Federation of Leisure Sport**

Cornerstones

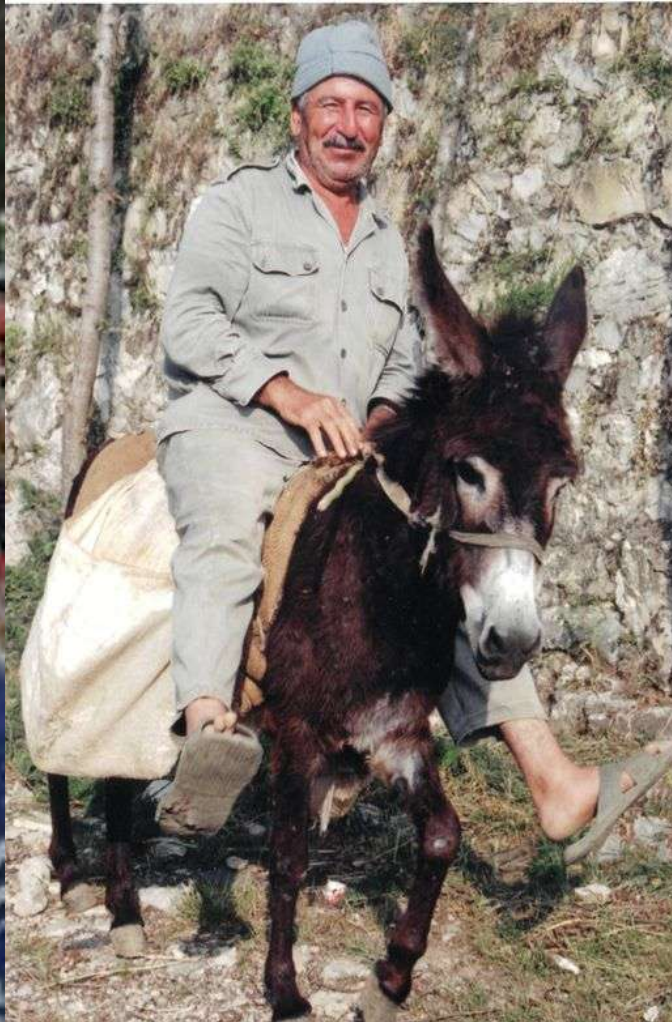
- **1/3 of the Hungarian inhabitants are over 60 (more than 3 million persons) and around 2/3 of them are women!**
- **People over 60 are under-represented among those who have secondary or higher qualification related to the younger age-group.**
- **People over 60 years: 3 % religious, 15 % occasionally, 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!)**

EU employment rate (2009)



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 rule for senior citizens:
I. You are never too old to start being physically active
II. Exercises can be done anywhere, anytime



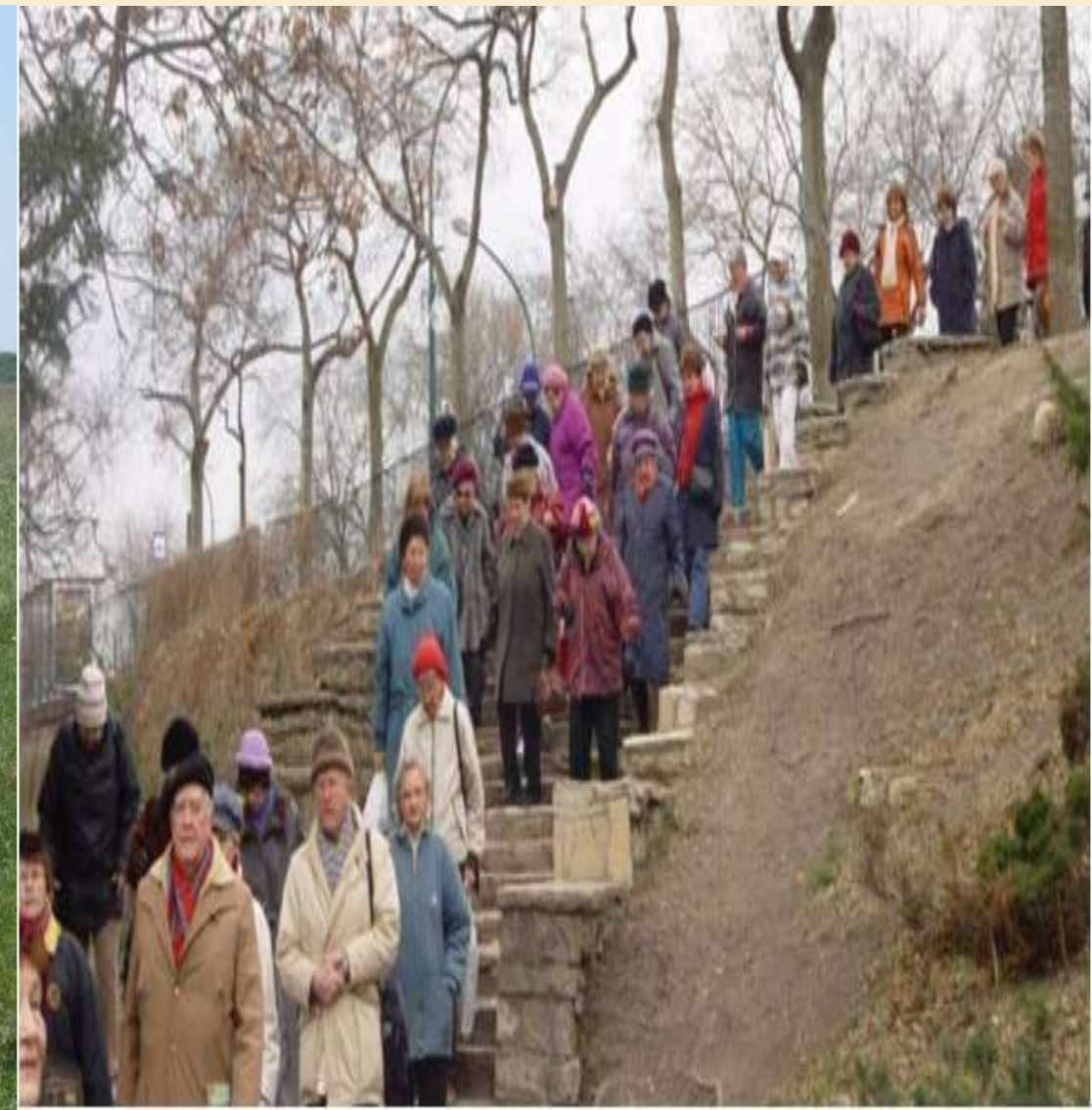
Objectives of a moving (=the walking) project for elderly people

- 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 (ocassionally for their families)**

A walking club-program

- **Meeting at the training place (cover, toilets)**
- **Key-persons (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 gymnastic!



2005/06/14 09:09

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

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

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!?

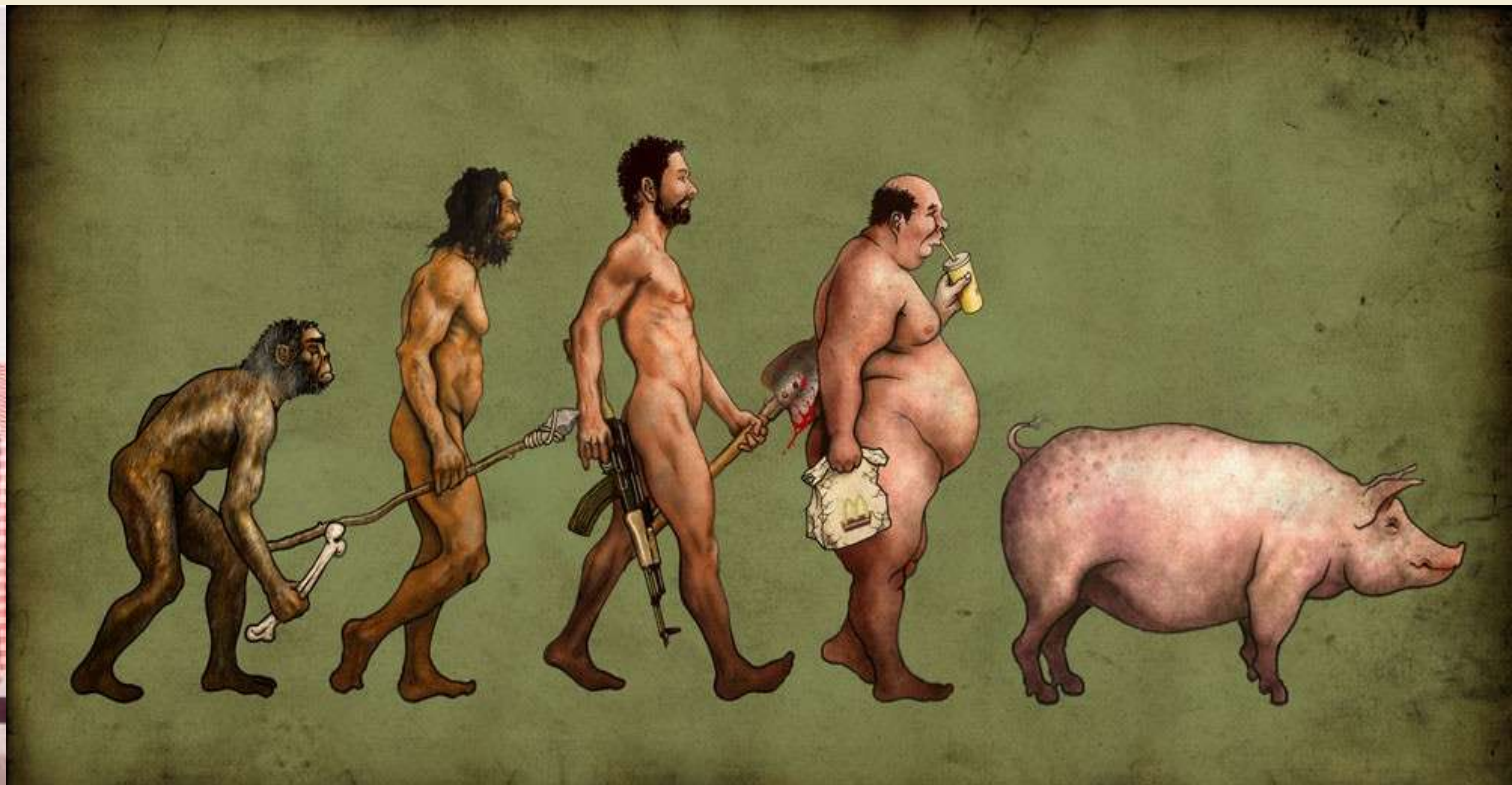
**On a Running Race or a walking event:
first the „pencils” are coming after them
„the rubbers” and afterwards the
„double rubbers”.**

**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

Winter

