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HEPA RECOMMENDATIONS:

- To remain vital and healthy - the World Health Organization (WHO) recommends that elderly adults engage in at least 150min of moderate-intensity aerobic physical activity each week.
- Physical activity should be adjusted according to the person's age, health fitness and personal preferences.
- Health care professional should be consulted before beginning with any kind of physical activities.
- Health care professional prescribes physical activity depending on the level of health fitness and personal preferences and instruct the person to a Sport for all coach (kinesiologists and/or fitness professional) who is educated for conducting HEPA for elderly Programme.

FOR MORE INFORMATION:



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Hepa S – Health and Fitness Assessment for Seniors



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HEPA-S Health and Fitness Assessment for Seniors

COORDINATOR:

CROATIA: Association for Sport Recreation
City of Zagreb - "Sport for All"

PARTNERS:

CROATIA:
Fitness academy

SLOVENIA:
Institute of sport Ajdovščina

BULGARIA:
Bulgarian Sports Development Association - BSDA

SERBIA:
Association "Sport for All"

PORTUGAL:
The "Carvalhais Social,
Cultural and Sport Association" - ADCS Carvalhais

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331.435 EUR



OVERALL OBJECTIVE:

Encourage participation in recreational physical activity for seniors (65+) in project partner countries by developing new recreational sport programmes suited for three types of most common health conditions thereby supporting the implementation of the EU HEPA (Health Enhancing Physical Activity) guidelines.

SPECIFIC OBJECTIVES:

- 1.** Raising awareness regarding benefits of participation in recreational PA for seniors (65+) in terms of social inclusion and health-enhancing.
- 2.** Analysing current HEPA guidelines in project countries and developing new Recommendations for implementing HEPA for seniors with emphasis on new developed exercises aimed at resolving back pain and on exercises adapted to persons with cardiovascular disease and osteoporosis.
- 3.** Strengthening the capacity of kinesiologists and trainers through non-formal education on new methodology for conducting recreational sport activities for seniors.

4. Strengthening the capacity of general practitioners on benefits of participation of seniors in recreational sport activities.

5. Creating a network of main stakeholders (project partner organizations, kinesiologists and general practitioners), national and local sports committees, units of local (self) government and health institutions to exchange examples of good practice regarding the inclusion of seniors in recreational sport activities.

TARGET GROUPS:

Sport for all coaches - kinesiologists and fitness professionals, general practitioners and older adults (65+).

RESULTS:

Development of a new Educational modules
Manual for Sport for all coaches - kinesiologists, fitness professionals and general practitioners for conducting HEPA activities for seniors (65+), suited for three types of most common health conditions according to the EU Physical Activity Guidelines