

# 10 points

## to move in every-day-life...

1

Sprawl and stretch yourself in bed, move your hands and feet und struggle your blanket with your legs away

**Why it is good for you:**

...it is good for your cardiovascular system and helps against the dullness in the morning

2

Use your toothbrush with the „other“ hand, seesaw from your heels to the ball of foot, and try to stand on only one leg...

**Why it is good for you:**

...it improves your coordination and balance and it abates the risk of falling down

3

Put your hands on the table before breakfast and push up 10 times to stand up...

**Why it is good for you:**

...it gives strength and mobility for your upper back, shoulders and arms

4

Sit down on your chair, push with your hands on your thigh and try to lift you left and your right knee in change

**Why it is good for you:**

...because it strengthens your abdominal muscles

5

Use the stairs instead of the lift regularly

**Why it is good for you:**

...because it is a good Training for your cardiovascular system and strengths your muscles in your leg

6

Do a walk in the fresh air outside every day

**Why it is good for you:**

...because it advances a good und healty repose

7

Play with your towel after washing your hands:

- throw it from the one hand to the other,
- let it fall down but catch it before it hits the ground

**Why it is good for you:**

...it improves your reaction, limby you up for the tasks in traffic and kepps your fingers mobile

8

Stay in the doorcase and push with your hands against it...

**Why it is good for you:**

...because it strenghts your shoulders

9

Stay in front of a closed door that you reach it with outstretched arms, push your hands against it and da some pushups...

**Why it is good for you:**

... because it strenghts your muscles in the arms what helps you to intercept a dropdown

10

Use your bottle as a barbell before drinking...

**Why it is good for you:**

... it strenghts your musceln in arms and shoulders



Do you feel like doing more?  
Do you want to make sports with other people?  
You can have it every time!

Come to the TGS Jügesheim!



What we afford:  
Sport for elderly people

Tuesday from 10 to 11 o'clock, TGS-sports hall  
Ostring 18, Rodgau-Jügesheim

Tuesday from 19 to 20 o'clock, sports hall of the WBS  
Kasseler Straße, Rodgau-Jügesheim

Wednesday 19:30 to 20:30 o'clock, TGS-sports hall  
Ostring 18, Rodgau-Jügesheim

More information from our  
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# HEALTHY AND FIT IN LATER LIFE

## Grundvig Learning Partnership 2010-2012

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein

**Lifelong Learning Programme**  
Education and Culture DG



### Future orientation

**Raise awareness** of just how important it is for the over 50s to be physically active in their daily lives and how they can do it.

**Involve health professionals** to promote exercise and give advice and support about how to get fit and stay fit.

**Increase the accessibility** of physical activity opportunities for people over 50

**Bring in the fitness industry** to motivate the over 50s by providing facilities and training/exercise opportunities that fit their needs.

**Keep up the momentum** by developing initiatives and partnerships across the country that encourage fitness in the over 50s, and emphasizing how much they contribute to society.

Aim for at least 30 minutes of physical activity every day. See everyday activities as a good opportunity to be active.

Try to find the time for some regular, vigorous exercise for extra health and fitness benefits.

**Moving is happiness**

**Moving is prevention from major diseases**

**Moving is better functioning**



### Benefits of regular physical activity

- Reduce your risk of a **heart attack**
- Manage your **weight** better
- Have a lower **blood cholesterol** level
- Lower the risk of type 2 **diabetes** and some **cancers**
- Have lower **blood pressure**
- Have stronger **bones, muscles and joints** and lower the risk of osteoporosis
- **Recover** better from a heart attack
- Feel better, **happier and relaxed** and sleep better

**Living is moving**



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**Grundvig Learning Partnership project**  
**HEALTHY AND FIT IN LATER LIFE was implemented by:**

Our vision is to create awareness that people should actively determine their own behaviour. They should plan the process of growing older and losing certain abilities simply to be prepared and to make arrangements.

We have offers for women and men with a focus on maintaining fitness, general exercise, fall prevention, walking, aqua-gymnastics and hiking in 10 groups every week. These offers are specifically designed to meet the needs of older people: in addition to physical activity, communication, social interaction and sociability are very important.

UISP as a recognized and official teacher training centre and is an active partner of local organizations and institutions in the implementation of education policies involving people of all ages. UISP encourages active citizenship by strengthening older people's wellness and promoting their personal autonomy through sport activities.