



Interventions in the Elderly's Mobility Modes for Promotion of their Physical Activity and Fitness

About the Project

One of the main purposes of the Fit-Old project is to enhance the health levels among elderly people utilizing interventions in the elderly's mobility modes within European Partnerships. Mobility and more sustainable modes of transport have advantages for elderly people, including achieving access to desired people and places, psychological benefits like feeling independent, physical benefits such as direct impacts on muscle and bone strength, cardio-vascular improvements and overall health, social interaction, and involvement in the community. While mobility limitation is common in elderly people, there is a lack of plans and studies in intervention programs as well as academic studies directed at this age group.

On one hand, active and sustainable mobility is associated with health improvements in older people directly. On the other hand, it has some benefits in the scale of cities and countries by reducing air pollution, increasing efficiency in the elderly population, comprehensive policies for urban areas and neighbourhoods based on sustainable mobility and considering all disability groups.

The Partners



Technische Universität Berlin (TUB) is one of the three large public universities in Berlin, Germany. TUB is a competitive HEI interested to bring international and regional expertise to its faculties and research centres through nationally and internationally-funded projects. The Center for Technology and Society (ZTG) in DE was founded in 1995 and is a central research department of TUB. Its research focus lies on interactions between societal and technical developments. From its beginning, its researchers aimed to develop theories and concepts describing and explaining the technical societal change and elaborate on new forms of cooperation management.

The Faculdade de Motricidade Humana/Faculty of Human Kinetics (FMH) integrates the University of Lisbon, created in 2013 from the merging of the former Technical University of Lisbon and the University of Lisbon. Currently, University of Lisbon's main aim is the development of a research university, committed to education, innovation and technology transfer, focused on people, valuing knowledge, merit, and participation, with an European dimension open to the world, with its wide range of courses and research areas.



Cracow University
of Technology



The Sports and Recreation Center of the Cracow University of Technology is a inter-faculty organization that organizes classes for students and employees of all faculties of the Cracow University of Technology.

The Faculty of Kinesiology is an academic, educational and research institution of higher education in the Republic of Croatia, one of the younger members of the University of Zagreb. It was founded in 1959, originally as the Faculty of Physical Education. In 2001 the name of the institution was changed in order to better reflect its research focus. Today, there are around 120 employees employed at the Faculty (80 of which are teaching and research staff). More than 2300 students enrol in the Faculty's programmes each year.



Mine Vaganti NGO (MVNGO) was founded in Sardinia (Italy) in 2009. MVNGO has 4 offices in Sassari, Olbia, Tempio Pausania and Uri, covering the whole North Sardinia. The organization managed a Youth Center (Centro Santa Caterina, Sassari) under a convention with the Municipality of Sassari between 2014 and 2016. Upon the expiry of the foregoing convention, MVNGO kept an open and profitable relationship with the Municipality of Sassari being allowed to develop activities in the Youth Center even after the formal end of the organization's commitment. The use of Sport in combination with NFE methodologies as an educational instrument of youth/adults/NEET/Migrants inclusion is one of MVNGO's key areas of expertise.

The Northern Greece Physical Education Teachers' Association (EGVE), founded in 1954, is both a professional and a scientific representative of all Physical Education aspects in Greece and it attributes to more than 9.000 members. It is the only official bearer of education and information for the Physical Education graduates in Macedonia and Thrace, extending its activities all over Greece and Cyprus.



E.T.B.E.
1954



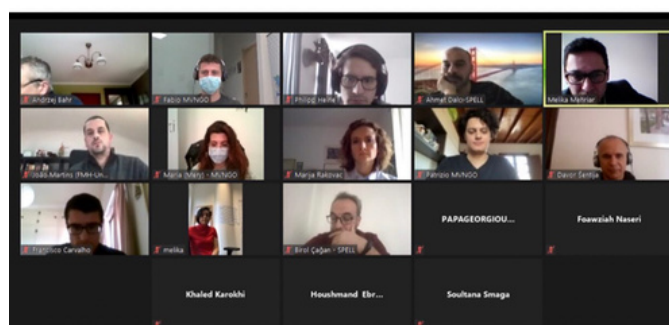
Sport Ambassadors Association is a voluntary sports association. All members are volunteers working to increase the sport culture in the society, to enable people to engage in physical activities and to have an active lifestyle. The target group is all age groups of people. Disadvantaged and disabled people are mostly integrated in our activities.



Interventions in the Elderly's Mobility Modes for Promotion of their Physical Activity and Fitness

Last news from the Project

In February 2021, Partners attended the Online Kick-Off Meeting of the approved **Erasmus Plus Sport Big Collaborative Partnerships** Project Fit-Old "Interventions in the Elderly's Mobility Modes for Promotion of their Physical Activity and Fitness". The event saw the participation of representatives of the Consortium of 7 Partners from Germany, Portugal, Poland, Croatia, Italy, Greece, Turkey. During the Kick-off Meeting the representatives agreed on the next steps of the Project's timeline, including the dissemination activities, such as electronic and printed brochures, posters and leaflets.



Additionally, the website of the project has been created (fit-old.myerasmus.net) by MVNGO. All of the partners disseminated the project's kick-off and promoted the project activities through its internal means, as the website and the social media.



The Guidelines for Data Collection were presented and Partners agreed on the next steps of the project, that will see a testing phase for the use of the accelerometers and the identification of the participants to the data collection.

If you are 65+, you live in one of the participating countries and you want to be part of the data collection, please contact the local Partner.

On September, 7th-8th 2021, Partners attended the first face-to-face Transnational Project Meeting in **Lisbon**. During the meeting, the Partners set the ground for the collection of data for the first phase of the project.

During the TPM, the expert **João Magalhães** conducted a workshop on the use of the accelerometers, participated by all partners.

