



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.

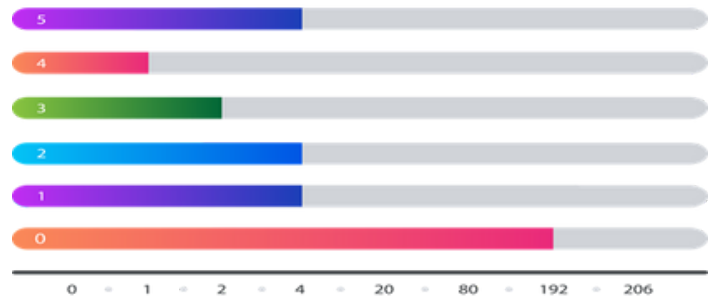


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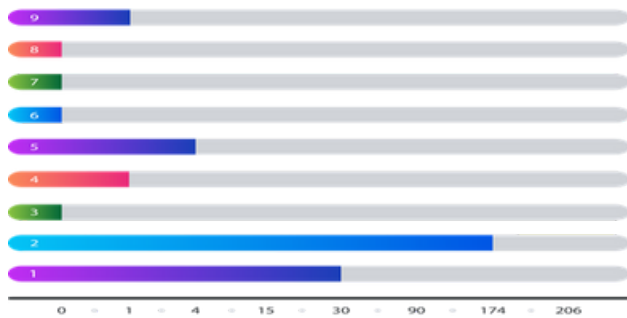
Last news from the Project

Partners of Erasmus Plus Sport Big Collaborative Partnerships Project Fit-Old “Interventions in the Elderly’s Mobility Modes for Promotion of their Physical Activity and Fitness”, of the Consortium of 7 Partners from Germany, Portugal, Poland, Croatia, Italy, Greece, Turkey shared to more than 200 elderly people the Fit-Old questionnaire. The questions answered by the participants were an important result to understand the impact of the project on a local level.

During the last 7 days, on how many days did you walk for at least 10 minutes at a time to go from place to place?



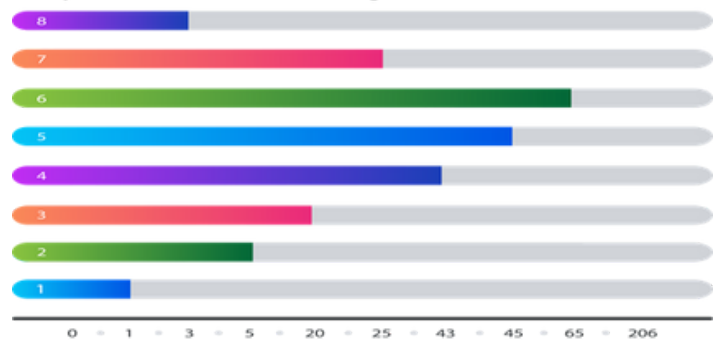
Do you cycle to your near destinations inside your neighbourhood?



While creating the questions conducted partners had in mind to get to know the everyday active life of the local 65+ elderly people on a local level, especially before their participation in the Project Fit-Old “Interventions in the Elderly’s Mobility Modes for Promotion of their Physical Activity and Fitness”. Moreover, it was important to study and evaluate how their participation affected their choices after they attended the project.

According to the results received by the questionnaire it was understood that even though many people might face minor health issues, that doesn’t stop them from being active and make sports and exercising a part of their everyday life. Moreover, it seems like thanks to the project they started to make changes to their routine and start using more and more their bicycles or use less public transportations.

Please indicate how much you intend to reduce sedentary modes of transportations and walk more during the next 9 months.





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Last news from the Project

During the third Transnational Project Meeting held in Cracow, Poland, the partners discussed the results from the WP3, which consisted mainly of data collection. The partners had acquired significant experience in handling data collection and tests, and even those new to the process had gained a good understanding of the details involved.

In addition, other aspects were discussed to improve the consistency of assessment methods, a clear plan for the usage of the accelerometers was established. One of the last points of the meeting was the schedule for the WP5 and WP6 activities.



Partners have started the intervention phase, sending SMS to all the participants to foster their mobility and have already been invited to their predefined appointments, their phone numbers and contact details have been collected, and they have already confirmed their consent to cooperate with the project team. The follow-up survey will not involve repeating the interviews but will consist of two assessment tests for physical activity (PA) and fitness. The results from these tests will be registered and stored according to the GDPR compliance regulations to ensure the privacy and security of individuals personal data.

The participants were given accelerometers to wear for a week to assess their PA and then returned the accelerometers to the project partners at the partner institutes. The data from the accelerometers have been used to generate output data, which has been recorded in an excel file. The same procedure that was planned for WP3 will be followed in WP4, with the partners testing the participants one after another so that 100 accelerometers can be used to assess the PA of 1200 individuals.

