Promote physical exercise in frail elderly

Cambios en la capacidad funcional y las posibles intervenciones para mantenerla lo mejor posible

"El objetivo morir joven, pero lo mas tarde posible": Aldous Huxley

Kalache and Kickbusch 1997
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Taking this into account, we have set the following specific objectives:

- To develop a tailored programme of training (TV, Channel, apps, Internet-based)
- To promote transnational linkages between Experts and sport federations
- To design and implement thematic training programmes that promote interventions developed during the study visits, in each country
- To develop innovative awareness materials for stakeholders, that can be distributed in selected settings, clubs, health centers and public places. It would include leaflets, brochures, guidelines, and posters that will promote the importance of healthy lifestyle
- To develop a tailored training on healthy eating and exercise for older people, that can be included in the curricula of the educational settings
- To implement “manage” educational interventions in schools, by ensuring young and frail exercise together in control overweight and obesity

The plan for the project includes training and distance learning, and will target:

A. Home care assistants and professionals who have experience in working with older people in residential settings, care homes, and community centres.

B. Managers and staff of Local Authorities, Retirement Clubs and Associations.

C. Health staff from Primary, Secondary and Tertiary Care Centres.

D. Medical and non-medical staff of retirement homes.

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**Table:**

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<th>Project Area</th>
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<th>Activities</th>
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<td>Home care assistants</td>
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PARTNERS
Partners will work on new programmes and strategies that promote innovative synergies between the fields of sport and health focusing on frail and older people in each country.

WWW.VIVIFRAIL.COM
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APP

Journal of the American Medical Directors Association

The Journal of Nutrition Health and Aging

• What is new exercise regimes for older frail people- How does the Erasmus Viv frail Project take us Forward?

• Exercise training guidelines for institutionalized older adults: a task force report.