



**TURKEY**

**CASE STUDY N° 9**

**PAPER B**

**EPIMORFOTIKA KENTRA LFKOSIAS**  
**NICOSIA**  
**CYPRUS**



**WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO...**

First of all the organization can create a center or to co operate with other centers to help the older people to understand how important is for their health to have activities. Moreover they may also make a presentation day with participation of experts to help them change their lifestyle

It will be helpful to fill a questionnaire (about their selves and needs).

The recommendation for older adults: older adult's aerobic fitness activities that maintain or increase flexibility are recommended; and balance exercises are recommended for older adults at risk of falls. In addition, older adults should have an activity plan for achieving recommended physical activity that integrates preventive and therapeutic recommendations. The promotion of physical activity in older adults should emphasize moderate-intensity aerobic activity, muscle-strengthening activity, reducing sedentary behavior, and risk management.

Social

Cognitive and Perceived Environment Influences Associated with Physical Activity in Older people

Regular physical activity in older adults can facilitate healthy aging, improve functional capacity, and prevent disease. Long-term regular physical activity, including walking, is associated with significantly better cognitive function and less cognitive decline in older people.

**NECESSARY CONDITIONS: MATERIAL / PLACE / TIME**

For adults of this age group, physical activity includes recreational or leisure-time physical activity, transportation (e.g walking or cycling), occupational (if the person is still engaged in work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities.

**POSSIBLE OBSTACLES**

Obstacles of physical activity for health , taking into consideration the most adequate and feasible options according to their needs, aiming to be participatory and socially inclusive, particularly of the most vulnerable groups.

**ILLUSTRATION**

