



TURKEY

CASE STUDY N° 9

PAPER B

CLUB SENIOR NORDSTAD

ETTELBRUCK

LUXEMBURG



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

1....offer weekly, always same day, time and place, **easy Sport Activities** without obligation to participate regularly
p.ex. **Pétanque** or **easy and short promenades** or **Big Mangala Game**

The social aspect of these Activities is more important than the physical aspect, because with the social aspect starts the motivation. The first activities should be very easy to show the people, that they are able to do it and that they don't need to fear.

2. ...organise a Weekend with the slogan: "**Manisa Moves**" and offer several different sports activities for seniors to try for free:

- **Drums Alive** for Beginners
(<https://www.youtube.com/watch?v=dxAR4v4c6fc>)
- **Tai Chi / Qi Gong** for Beginners
(<https://www.youtube.com/watch?v=tUNXWUAtaF0>)
- **Pilates** for Beginners
- **traditional Dancing** with easy Choreographies
- **Spinning** for Beginners
- **Fitness Circle Training**
- Different Groups of **Aqua Gym**: for Seniors / Power Training/ Aqua Jogging / Aqua Biking
- **Health Gym**
- **Memory Training – Brain Gym**
- **Culinary Promenade** from Village to Village
- **Dancing on chairs**

3. ...organise **some free Conferences** about:

- Heart Attack and Apoplectic Stroke
- Overweight
- Healthy ageing
- Diabetic disease

4. ... you should offer a regularly **Sports and Activity Program** for People about 50+

- Brochure for 3 month free for all citizens up to 50 +
- Present yourself regularly during festivals and other events in your region – Information Stand
- Offer not only Sport Activities but also regularly social meetings , like cooking or Picknick together, or some excursions to famous places . You can motivate the people during this social events to take part in Sports Activities.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

- Pétanque Square and special balls to play and one responsible person to guide the group
- One responsible Person to prepare easy but interesting promenades and to guide the group
- Experts who can offer the different courses or conferences should be engaged
- Sportshall for the Drums Alive, Tai Chi /Qi Gong, traditional Dancing, Health Gym
- Swimming Hall for the Aqua Gym
- Fitnesscenter with equipement for Spinning and Circle Training
- Start the courses with small groups;
- It is better to start courses, even if you have to investigate money in the first groups

POSSIBLE OBSTACLES

- Difficult to find experts for the courses
- Difficult to find a place for the Pétanque Square
- Difficult to find Sponsors for the brochure
- Difficult to motivate the people
- Difficult to start with something new

ILLUSTRATION

