



TURKEY

CASE STUDY N° 9

SYNOPSIS

SYNTHESISER COUNTRY

LATVIA



MAIN IDEAS DEVELOPED

All partners agree that educating elderly people on the issues regarding active way of life and telling about its direct impact on people's health might help the people to change their minds and start leading more active way of life. Taking into account that the target group is elderly people the activities should be well balanced and adjusted to each person separately, but prior to taking up any kind of activities professionals should check their health.

POSSIBLE OPTIONS

- To involve sports teachers, volunteers and local municipalities in solving the issue; face to face meetings might work better than organizing big gatherings;
- Playful activities could serve as the means for attracting people e.g. organizing traditional games and competitions, such as purposeful walking – having a certain task to accomplish while walking (finding a certain place or object), having barbecues in places which can be reached only on foot, picking herbs or berries and then having a picnic;
- The classes on the effects physical activities have on people's life quality have to be organized in a playful and relaxed atmosphere so that people would love to attend, this would also improve their social relationship, and provide useful knowledge;
- Almost all partners suggested that dancing could be a good thing to try out; taking up Chi gun classes, drumming games and other activities that would raise people's interest;
- A motivating factor for walking is having a pet that is to be taken out for walks on a daily basis; gardening is an activity that provides healthy food and activity;
- Within the scope of municipality financial possibilities these activities should be free of charge.

CONCLUSIONS

Summarizing the ideas expressed by the partners it's clear that local municipality and people connected with sport are to be involved in the solution of this problem, as people lack money the activities and classes should be free and this cannot be done without financial support from municipality. Volunteers or retired sports teachers could render their assistance and share their knowledge. Once taking up sport or any other kind of active motion, it has to be done regularly. Another important aspect is checking people's health and educating them on benefit they gain when being active and consequences caused by immobility. Introduction of playful activities and creation of relaxed atmosphere is extremely important.

ILLUSTRATION

