

WHY NOT TRY TO MOTIVATE SENIORS..?

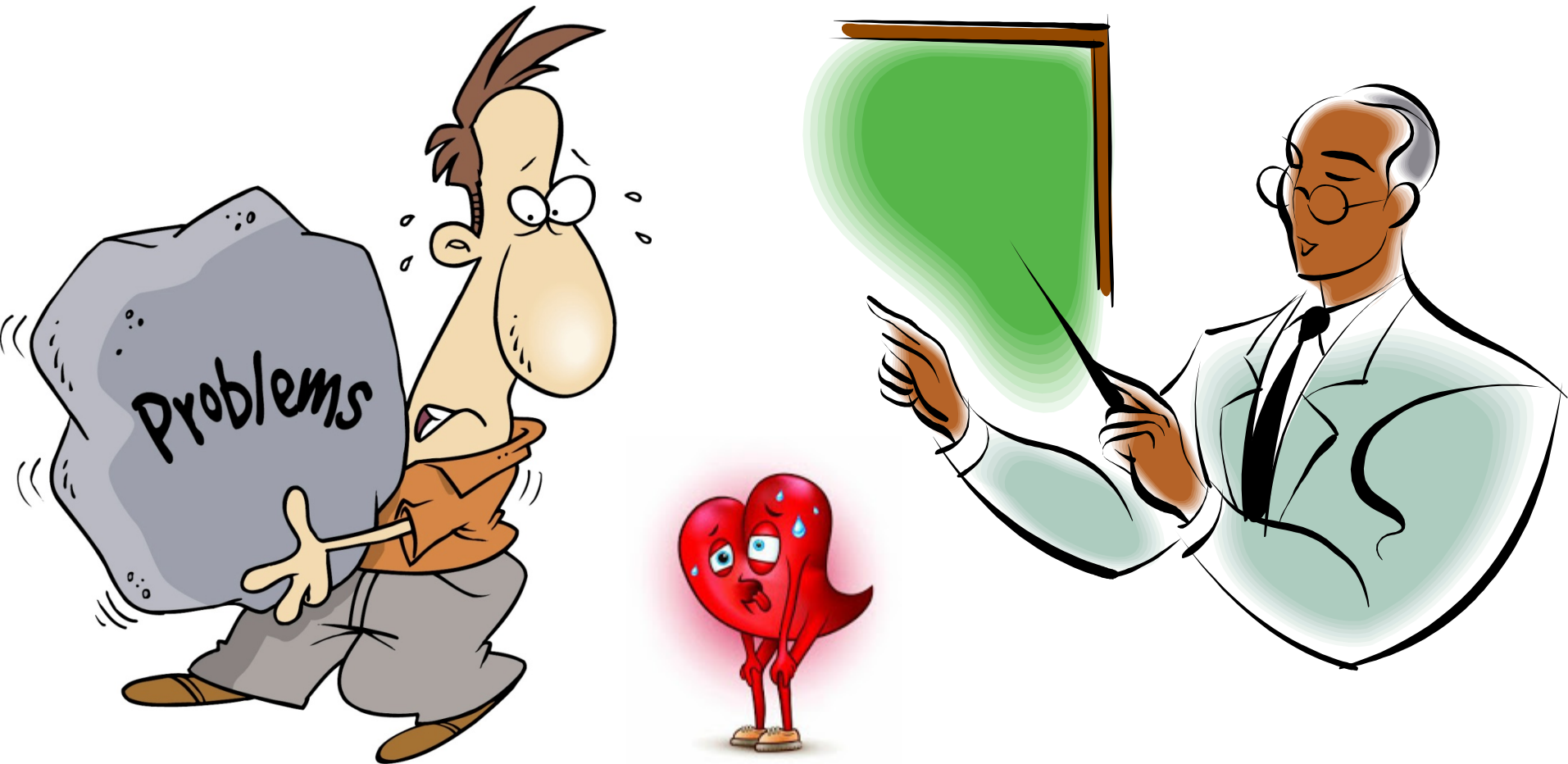
It will be a good idea:



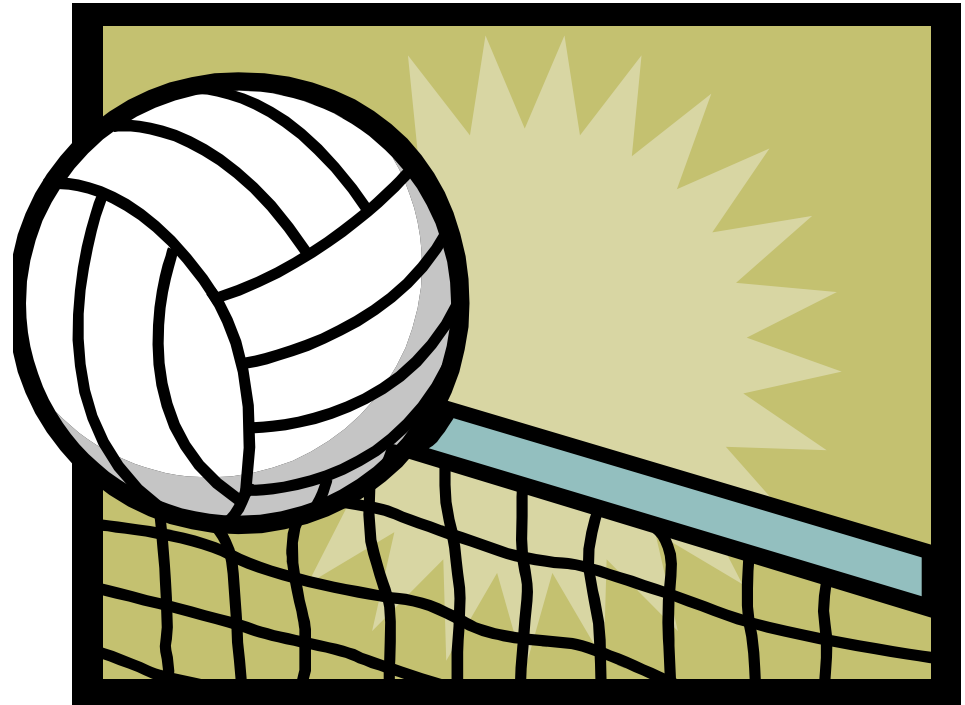
- To propose videos promoting the use of sport activities for older people.



- To have a course with specialists in medicine and fitness to make them understand what problems can be caused by immobility.



- To organise outdoor activities and sport activities that will later become competitions between two teams.



- To buy bicycles, with the help of the municipality, to rent to seniors so they can ride around the park or the town .

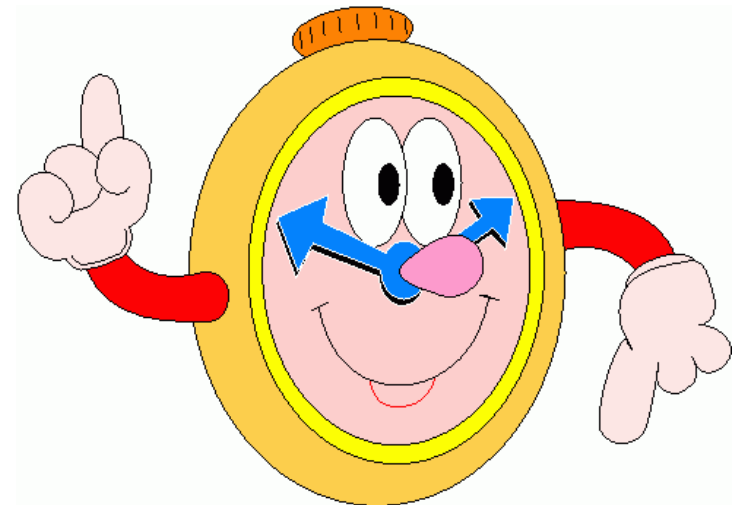


NECESSARY CONDITIONS:

MATERIAL



PLACE



TIME

A necessary condition is that the organisation should have an equipe of voluntary medical experts that should check the benefits reached in a certain time for example weight, blood pressure etc.



**The place can be the organisation.
Time can be at least every three
months.**



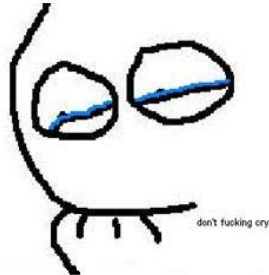
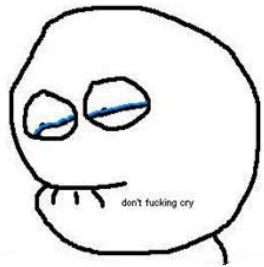
POSSIBLE OBSTACLES:



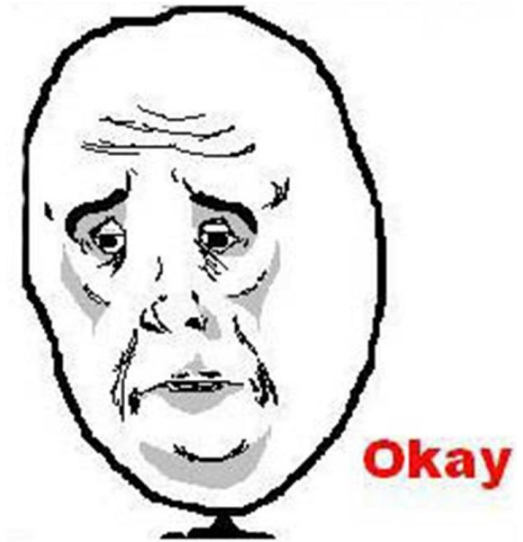


Obstacles can be :

- to find medical volunteers**
- the lack of self-confidence**
- the feeling to be judged by others.**



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**THANK YOU FOR YOUR
ATTENTION**