

MANİSA NİHAL AKÇURA TOURIZM AND HOTEL MANAGEMENT HIGH SCHOOL





Case Study Turkey Paper B









...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.







...organise a Weekend with the slogan:



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=tUNXWWAtaF0)









Pilates for Beginners









traditional Dancing with easy Choreographies

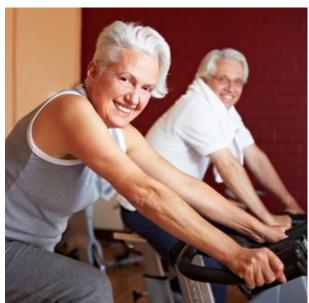






Spinning for Beginners









Fitness Circle Training







Different Groups of **Aqua Gym**: for Seniors / Power Training/ Aqua Jogging / Aqua Biking







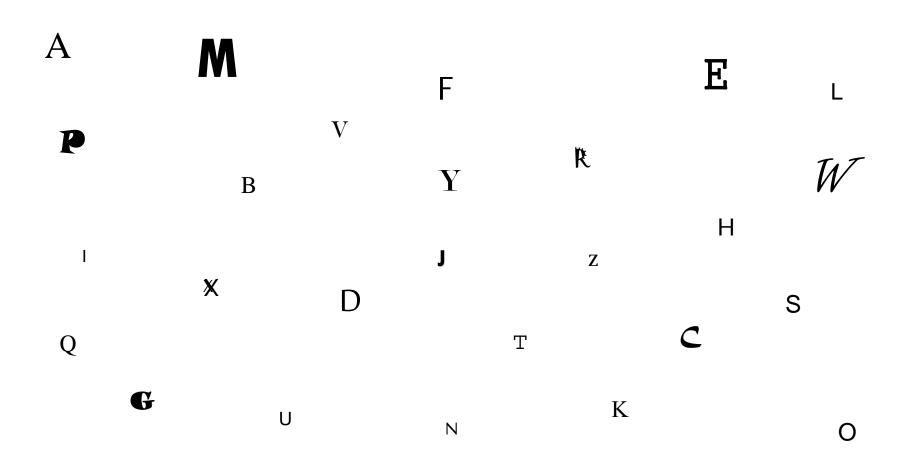
Health Gym







Memory Training – Brain Gym (Demonstration by Luxembourg)







Culinary Promenade







Dancing on chairs







...organise some free Conferences about:





Overweight

Healthy ageing

Diabetic disease











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

Brochure for 3 month free for all citizens up to 50 + region – Information Stand

Present yourself regularly during festivals and other events in your region. A really good place are Supermarkets!











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.







Pétanque Square







One responsible Person to prepare easy but interesting promenades and to guide the group







Experts for the courses









Sportshall with equipement

Swimming Hall with Equipement

Fitnesscenter with equipement for Spinning and Circle Training

Material for brain training

Big balls for the Drums Alive and Pilates





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

