



MANİSA NİHAL AKÇURA TOURİZM AND HOTEL MANAGEMENT HIGH SCHOOL



Lifelong
Learning
Programme

Case Study Turkey

Paper B



Why not try ? It would be a good Idea to...

...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.





Why not try ? It would be a good Idea to...

...organise a Weekend with the
slogan:

“Manisa Moves”

and offer several different sports
activities for seniors to try for free:

Why not try ? It would be a good Idea to...

Drums Alive for Beginners

(<https://www.youtube.com/watch?v=dxaR4v4c6fc>)



Why not try ? It would be a good Idea to...

Tai Chi / Qi Gong for Beginners
(<https://www.youtube.com/watch?v=tUNXWWAtaFO>)



Why not try ? It would be a good Idea to...

Pilates for Beginners



Why not try ? It would be a good Idea to...

traditional Dancing with easy Choreographies



Why not try ? It would be a good Idea to...

Spinning for Beginners



Why not try ? It would be a good Idea to...

Fitness Circle Training



Why not try ? It would be a good Idea to...

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



Why not try ? It would be a good Idea to...

Health Gym





Why not try ? It would be a good Idea to...

Memory Training – Brain Gym (Demonstration by Luxembourg)

A M F E L
P V R W
B Y H
I J Z
X D S
Q T C
G U K O
N

Why not try ? It would be a good Idea to...

Culinary Promenade



Why not try ? It would be a good Idea to...

Dancing on chairs



Why not try ? It would be a good Idea to...

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

Heart Attack and Apoplectic Stroke



Overweight

Healthy ageing

Diabetic disease



Why not try ? It would be a good Idea to...

... 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!



Why not try ? It would be a good Idea to...

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



NECESSARY CONDITIONS: MATERIAL / PLACE / TIME



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



NECESSARY CONDITIONS: MATERIAL / PLACE / TIME



Experts
for the
courses



Lifelong
Learning
Programme

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME



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

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME



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

Just start