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Activity during the third Partner meeting in Münster – sightseeing by bike with a great city guide

Active I - Newsletter

Healthy Active Living for Seniors

Introduction

It is mid-term in the Active I project and we have achieved quite a lot. We have already had three partner meetings:

1. Galway, Ireland
2. Berlin, Germany
3. Münster, Germany

In each one we have reviewed project progress, discussed the upcoming tasks for each partner, and participated in a healthy-living activity. So far we have run through the wild countryside of Connemara tackling outdoor challenges, cooked vegan in Berlin and cycled through Münster with a professional city guide.

What has happened up to now?

Münster University completed a very comprehensive needs analysis study and presented it at the second partner meeting in Berlin. It included information on:

- Official recommendations for physical activity and nutrition for seniors
- Recommendations for successful program and course structures
- State and community supports for seniors

All these aspects were examined from different points of view:

- General international recommendations
- Specific national information and recommendations from the partner countries Poland, Germany, Spain, Italy, and Ireland

The needs analysis study formed the basis for developing the course structure and content.

Course development and plans for training the trainers were reviewed at the third partner meeting in Münster. We now have a much better idea where we're headed, what we have to do and what decisions we have to make in order for our project to be more successful. We are targeting two different types of outcome:

- The Healthy Active Living course:
 - for seniors to become more involved in physical activity, healthy eating and mental wellbeing
 - for trainers to be able to deliver the Healthy Active Living course
- The online planner for planning your own Healthy Active Living programme

Course development is currently on time and is now being finalized.

We will start working on the online planner, according to the project plan, by the end of 2014.

Outlook

During January 2014 we will conduct the train-the-trainer programme at Münster University in Germany. That's why timely course and on-line planner development are critical.

Getting updated?

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