



**Increase and development of manual skills and physical vitality of citizens
of the European Union over 50 years**

Mendel University in Brno, Czech republic
University of the Third Age in Brno, Czech republic



Organisation:

Mendel University in Brno, Czech republic

University of the Third Age in Brno, Czech republic

Lector:

Eva Veselá - pilates

Blanka Piorecká - online jóga

Work shop group:

20 seniors

Time and date of study program:

Every Tuesday, Wednesday from 9,00 do 10,30

(total 20 hours/10 meetings)



Sport activities

Description of activities:

Thanks to the IDEMASAP 50+ project, our seniors were able to take part in Pilates exercises every week. 20 hours each semester. Together we performed Pilates for 3 semesters. We continued in pandemic situations and prepared online Pilates and yoga classes for seniors.

We have exercises for seniors based on an individual approach to seniors. The exercise takes place in small groups, where the lecturer has the opportunity to attend to seniors.

<https://icv.mendelu.cz/u3v/30985-mezinarodni-projekt-idemasap-50plus>



Experience and best practice

Why Are Sport Activities Important For The Elderly?

They keep seniors active, maintain or improve their physical and mental health. Sport prolongs healthy life expectancy.

What are the advantages and disadvantages of sport activities for the elderly?

Advantages:

Maintaining physical and mental health, building and deepening social contacts

Disadvantages:

Seniors must choose a sport according to their state of health. The disadvantage may be if the lecturer does not adapt the exercise to the health status of seniors. If a senior does not follow the instructor's instructions, he may lose his health due to exercise.

Experience and best practice



What are my personal experiences of sport activities for elders?

After sports activity, I see our seniors joyful and that is important to me. Sport helps them to stay fit and healthy. It prolongs healthy life expectancy, and that is essential. It is not so important how long we live, but how long we live in health and contentment.

What are my recommendations for sport activities lecturers for the elderly?

For seniors, it is advisable to talk to each senior during the first lesson and find out their health status and motivation to exercise. Based on the information obtained, it is important to choose an individual approach to seniors. It is also important not to force seniors to do anything.

What are my recommendations for elderly in sport activities?

It is good to go to a sports activity with friends, for example. The regularity of the exercises is important. It is important to listen to the advice of the instructors and play sports according to their limitations.

Photo gallery – main activities – sport





Thank you