



# Fit-IN Rehab Newsletter

## June 2024



**The main target group of FIT-IN REHAB project are people with disabilities aged 60 years and above to participate in sports activities after rehabilitation and treatment, and maintain mobility. THIS IS A MODEL FOR PROMOTING SPORTS FOR SENIORS**

According to World Health Organization, there is a tendency of constant growth of physical exercise in the elderly population.

However, the European studies conducted during the COVID-19 lockdown (2020) showed that just 61.8% of the population over 60 were moderately active.

Comparing overall physical activity before and during the lockdown a significant decrease in the activity level was detected. Physical inactivity can lead to progress of age-related diseases.

**Age -related diseases** are illnesses and conditions that occur more frequently in people as they get older, meaning age is a significant risk factor.

Here are some of the more common age-related diseases:

- Cardiovascular Disease
- Cerebrovascular Disease (Strokes)
- High Blood Pressure (Hypertension)
- Cancer
- Type 2 Diabetes
- Parkinson's Disease
- Dementia (Including Alzheimer's Disease)



In order to create possibilities for equal inclusion of older disabled people 60+ after rehabilitation or treatment in sport activities, project consortium developed specific sports exercises.

On June 6th 2024 project partners met in Ljubljana, Slovenia, to finalize the sport exercises programme, discuss content of e-learning portal as well as future steps regarding training of volunteers and organization of pilot sport programme for disabled people 60+ after rehabilitation or treatment.

The **Fit-IN Rehab learning portal** is intended for the training of student volunteers (blended learning) and also for informational purpose for the disabled seniors and other interested public. It includes sports exercises for the elderly after rehabilitation / treatment and learning material for student volunteers (psychological support and empowerment of people with disabilities for sports, motivation senior in sport, injury prevention, disability and sport).

Read more at <https://fit-in-rehab.eu/>



The project is co-funded by the European Union and is being implemented from 1.12.2022. until 30.11.2024.

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