

EFOP-5.2.2-17-071

ALL-LOCAL:
EFFECTIVE KNOWLEDGE TRANSFER
AND COMPETENCE DEVELOPMENT
IN THE SENIOR COMMUNITY

HEALTHY LIVING AND LIFESTYLE –
GOOD PRACTICE EXAMPLE IN
NAVICULA.M PRACTICE.



SZÉCHENYI  2020



MAGYARORSZÁG
KORMÁNYA

Európai Unió
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Alap



BEFEKTETÉS A JÖVŐBE



PROJECT „50 FIT - *EMPLOYABILITY AND HEALTH PRECAUTION FOR OLDER LONG-TERM UNEMPLOYED*”

**Multilateral Grundtvig Project,
503616-LLP-1-2009-1-ES-
GRUNDTVIG-GMP**

- The project “Employability and Health Precaution for older longterm unemployed - 50-Fit” started in October 2009 and finished in December 2011.



Education and Culture DG

Lifelong Learning Programme



PROJECT „50 FIT

Partner institutions:

- PROBENS (Spain)
- INIBIA (Germany)
- AECEO (Spain)
- **BOIE (Poland)**
- Ayuntamiento de Torre Pacheco (Spain)
- Europartners 2000 Foundation (Bulgaria)
- ADCAVL (France)
- Hommes & Savoirs (France)
- Arbeit und Bildung e.V. (Germany)
- Praxis GmbH (Germany)

PROJECT „50 FIT

- The objectives of the project were to present material, pedagogical and didactical methods, bestpractice - models and own experiences in how to implement health precautions in qualification or (re)integration courses for long-term unemployed older people.
- **All methods and materials prepared during this project are very useful to work with seniors group, not only with long-term unemployed older people.**
- BOIE Ltd. / NAVICULA.M prepared and developed a module: **„Health and psychosocial activation”**

MODULE: HEALTH AND PSYCHOSOCIAL ACTIVATION

Content:

Module I: Correct diet as investment in oneself, family—benefits of healthy lifestyle (3 hours)



- Food pyramid
- Bad dietary habits
- Amount of meals per day – their meaning and composition
- Meals balancing
- Influence of food ingredients on the human organism (proteins, carbohydrates, fats, vitamins, minerals, fibre, water)
- Correct way of preparing meals
- Art of choice of appropriate products during the shopping
- Influence of correct, health diet on mind and body

MODULE: HEALTH AND PSYCHOSOCIAL ACTIVATION

Content:

Module II: Preventive exercises, raising the physical fitness – workshops (3 hours)

- Set of relaxing and loosening exercises
- Exercises set, which strengthen spine-stabilization muscles, hand and arm muscles and neck muscles
- Exercises improving the blood circulation, blood supply to the organism and relaxing
- Chosen exercises – Pilates method
- Chosen elements of Yoga



Content:

Module III: Prophylaxis of coping with stress – workshops (6 hours)

- Identification of stress sources
- Relaxing techniques
- Working with the body through physical exercises
- Working with the mind as loosening technique
- Working with the breath
- Automassage



WHICH BASIC CONDITIONS ARE NECESSARY?

Rooms:

- It's necessary to be vested with enough big room to organize the workshops, as well as physical exercises or it's possible to provide exercises outside (it depends of the weather).

Speakers with expert knowledge:

- nutritionist,
- Yoga and Pilates trainer,
- psychologist.

Special equipment, materials, literature:

- mats and towels for physical exercises;
- training materials for example calories table, laptop and projector to display of PowerPoint presentation.

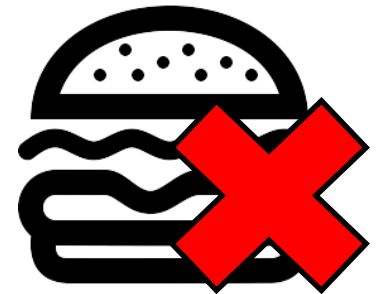
WHAT ARE THE OBJECTIVES OF THE TRAINING NOW?

- Seniors in Poland are often those people who need financial support.
- They don't have sometimes enough money to take care of themselves and their health condition.
- So it is really important to organize such trainings for them.
- **This is opportunity for them to learn how they can eat healthy having little money.**
- **They can learn how they can do easy exercises at home or in the park, to raise their fitness.**

HOW DID WE CHANGE AND DEVELOP THIS TRAINING PROGRAM?

Module I: Cooking workshop for seniors - Correct diet as investment in oneself, family—benefits of healthy lifestyle (min. 4 days/4h per day)

- Food pyramid and bad dietary habits
- Amount of meals per day – their meaning and composition
- Meals balancing
- Influence of food ingredients on the human organism (proteins, carbohydrates, fats, vitamins, minerals, fibre, water)
- Correct way of preparing meals
- **How to choose healthy and not too much expensive products during the shopping**
- Influence of correct, health diet on mind and body



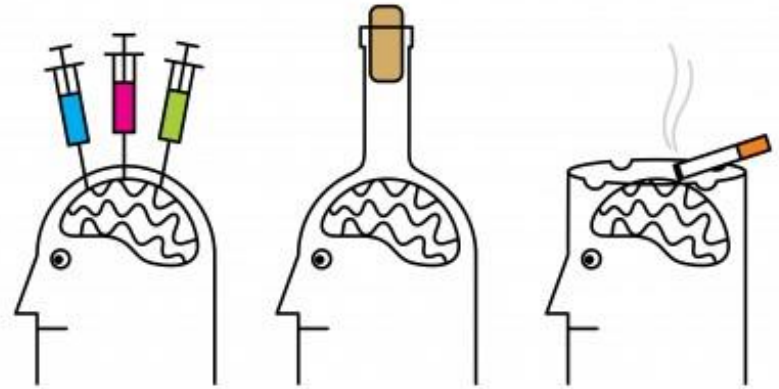
Module III: Prophylaxis of coping with stress – workshops (min. 2 days/4h per day)

- Identification of stress sources
- Relaxing techniques
- Working with the body through physical exercises
- Working with the mind as loosening technique
- Working with the breath
- Automassage



Module IV: Addition (min. 2 days/4h per day)

- Types of addictions.
- Symptoms of addiction.
- External and internal sources of addiction.
- 4 phases of the development of addiction.
- The consequences of addiction in the area of physical and mental health, social and family life and finance.
- Help for the person addicted.



WHICH BASIC CONDITIONS ARE NECESSARY?

Rooms:

- It's necessary to provide kitchen facilities, to the preparation of meal.
- It's necessary to be vested with enough big room to organize the workshops, as well as physical exercises or it's possible to provide exercises outside (it depends of the weather).

Speakers with expert knowledge:

- nutritionist,
- cook/nutrition specialist,
- Yoga and Tai Chi trainer,
- Nordic walking trainer,
- psychologist
- addiction therapist.

Special equipment, materials, literature:

- mats and towels for physical exercises;
- Nordic walking sticks;
- training materials for example calories table, laptop and projector to display of PowerPoint presentation;
- kitchen facilities, food products for preparing meals.



WHO PARTICIPATE IN THESE WORKSHOPS?

- People over 50 years, not only seniors.
- We cooperate with the Centers for Social Welfare and District Family Support Centers of the Lodz region.
- These centers take care of seniors, especially those lonely, in a difficult financial situation.
- Sometimes we run workshops for clients of Social Welfare Homes /Nursing Homes.

REMEMBER!



Healthy Lifestyle
It's your choice

THANK YOU FOR YOUR ATTENTION!

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