



ActivU

Activate Healthy Lifestyle through Counselling for You

Description of the project

The project aims to increase awareness and behavioural change in former active citizens with and without disabilities toward a healthy active lifestyle through enrichment of counselling and prescription procedures to effective use of physical activity and other health-related behaviours.

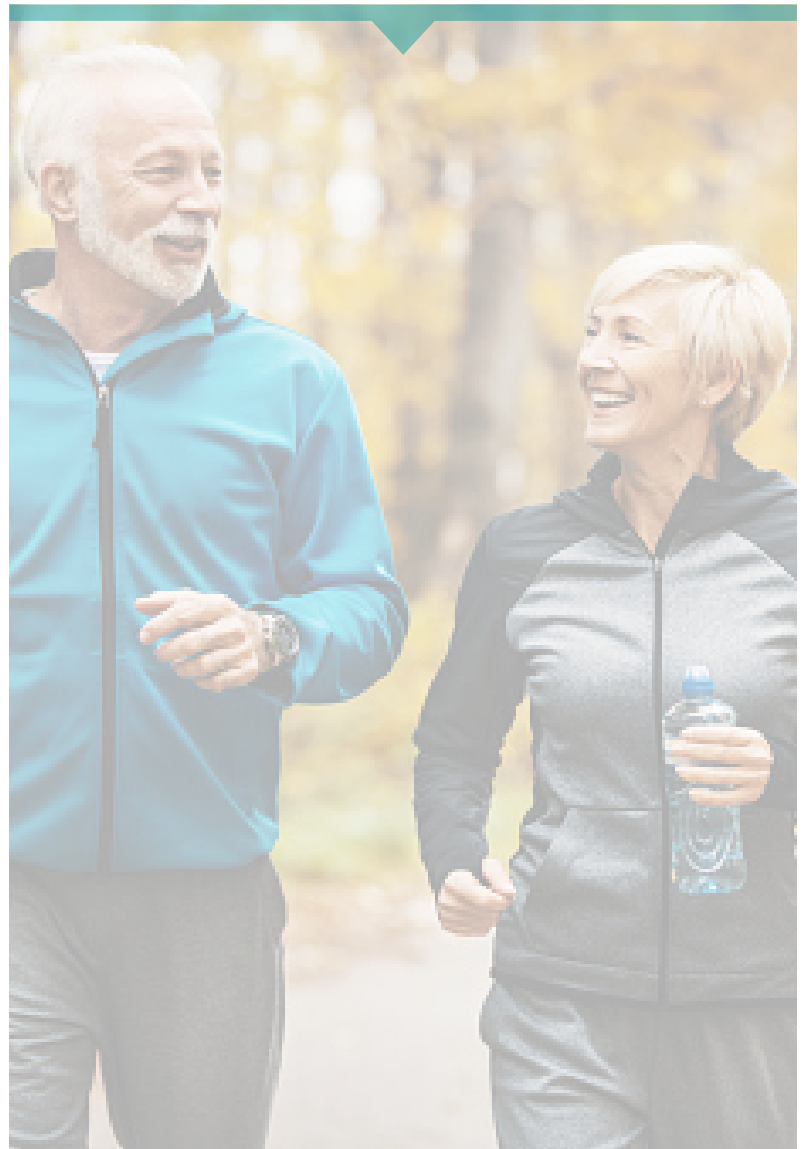
ActivU is aligned with scientific evidence showing that former active citizens are a particular population of the elderly. Thus, the ActivU will be a pilot programme to develop online communities of practice for awareness, knowledge and behavioural change about healthy active lifestyle among former active citizens' in participants' organizations and countries, which could ultimately be scaled-up across the EU.

Needs Analysis

In order to justify our commitment to work with former active citizens, we present a brief review of the literature in which the person is faced with a situation of retirement of his/her area of choice, investment and career, adopting risk behaviours such as alcohol and regular tobacco consumption in conjunction with physical inactivity, putting them in a state of disorientation with the impact of all the changes, losses and demands associated with the retirement (e.g., Harrison, & Ruddock-Hudson, 2017).

Why former active citizens ?

The literature points out that two dimensions also contribute to the value of the impact of the transition from active life to retirement, and readiness to retire (Ryan, Newton, Chauhan, & Chopik, 2017; Schwaba & Bleidorn, 2019). Consequently, the retirement can be experienced more positively if a preparation and a plan are in place, and in cases of early retirement, these are decisions taken by the initiative of the worker and not forced for health or social reasons.



Expected Impact

To create the figure of trainer of former active citizens as new certification, with a well-defined set of skills, knowledge, and attitudes, along with the basis for a high-quality training programme, that would open up opportunities for sport professionals to gain a new qualification as well as to broaden the range of job opportunities.

KICK OFF MEETING

was successfully held on 10th - 12th of February in Porto, Portugal



Systematic review analysis of current practices

The Systematic review summarises the results of available about health lifestyle programme/ health promoting behaviours for older adults and is providing a level of evidence on the effectiveness of these interventions.

This review is focusing on health lifestyle interventions for older adults' citizens available, how they were carried out (the quality of procedures) and the health outcomes that were measured.

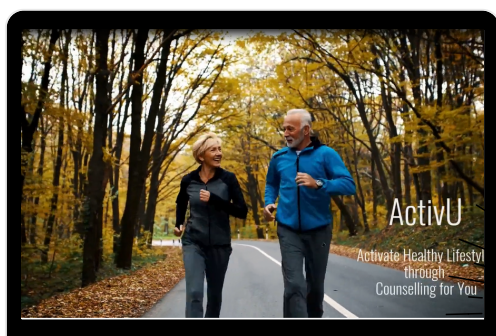
Reviewers composed by members of the Scientific Committee targeting to pool numerical data about effects of the intervention though a process titled meta-analyses.

Profile Identification analysis of former active citizens

The purpose of profiling analysis is to describe perceptions, knowledge, beliefs and everyday practices of former active citizens.

The need for an exploratory analysis of the lives of former active citizens is driven by recognition of the lack of knowledge about health-related attitudes and behaviours of this population and the lack of guidance in intervention. In contrast with general senior population guidance and intervention have come to help to promote health-related behaviours, particularly, physical activity.

Through focus group qualitative analysis ActivU wants to explore perceptions, knowledge, beliefs and behaviours of former active citizens, including former athletes from all sports and persons who have had physically active professions.



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The Partnership



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