

Physical activity service for the elderly in Jyvaskyla

Who

The City of Jyväskylä, Sports Services and Jyvaskyla Social and Health Service

What

Provide (adapted physical activity services for citizens of Jyvaskyla, including (senior gym, senior dance, adapted: water aerobics and gymnastics for over 65).

How

- network of organizations (university, university of applied sciences, associations of disabled persons and pensioners, church organizations, sportclubs etc.)
- regular meetings with university for scientific input which can be put into practice.
- reach and recruitment of older persons via physical education counseling of health care workers (physiotherapists, nurses, pensioners organizations, media) on benefits of physical activity
- campaign at start
- seniorgym (fitness room designed and decorated according to seniors wishes, smart cards) to start and attract older persons and then on to regular sport clubs or private sector
- arrange for transport if barrier
- low cost or with reduction fees
- senior moto program: to produce educational materials for implementing motor activity courses for elderly in school, gym & environments (dissemination over Finland)



Water aerobics for veterans at the the AaltoAlvaari Swimming hall

- gymnastics for over 65 (designed for person with mental handicap and children; different levels)



Gymnastics for over 65



Gym for seniors in nursing home

Information and contact

[The City of Jyväskylä](#)



Sirkka Kannas (left), Pirjo Huovinen (middle) and Erwin Tak (right) in the AaltoAlvaari Swimming hall

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Erkki Tervo (gymnastics for over 65)