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**Fit for Life
Physical Activity Promotion of Older People in European Cities
European Conference in Stuttgart**



Co-funded by the European Union
under the Preparatory Action in the field of sport 2012

Draft Programme

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| Frame: | two days |
| Date | Tuesday, 18, and Wednesday, 19, March 2014 |
| Purpose | Implementation of health-enhancing physical activity offers and possibilities for older people (50+). Concrete support of the public sector and NGOs of the sectors health, sports, social welfare etc. |
| Background: | Fit for Life Europe is an EU-funded project that looks for and assesses the best solutions for elderly physical activity promotion in European cities. Within the project not only experience is shared and solutions are shown, each partner implements also a pilot intervention. The most successful ideas will be summed up in the HEPA Handbook for all organisations that deal with the promotion of physical activity among older people. This will be presented in the end of the conference. |
| Venue | City Hall, State Capital Stuttgart |
| Patronage | Androulla Vassiliou EU Commissioner for Education, Culture, Multilingualism and Youth, <i>tbc</i> |



Tuesday, 18 March 2014

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| from 8.30 | Arrival of the participants / Accreditation |
| 09.00 | Welcoming speeches Opening: Mayor Fritz Kuhn Alfons Hörmann President of the German Olympic Committee, <i>tbc</i> |
| 10.00 | Introduction Dr. Monika Köster (German) Federal Centre for Health Education |
| 10.30 | Initiative presentation Prof. Dr. Dr. h. c. Alfred Rütten University of Erlangen |
| 11.30 | Coffee break |
| 12.00 | Do we have a blind spot for the importance of physical activity in older people? A struggle for healthy living Prof. Dr. Marijke Hopmann-Rock European Network for Action on Ageing and Physical Activity (EUNAAPA) |
| 12.30 | Lunch |
| 13.30 | Poster Session |
| 14.30 | Developing a European Dimension in Sport Representative of the European Commission, <i>tbc</i> |
| 15.00 | EU project Fit for Life Europe Project representative |
| 15.30 | Parallel workshops Workshop 1 HEPA Framework Europe Workshop 2 Information / Communication Prof. Luca Pietrantoni Workshop 3 Networks Workshop 4 Education / Knowledge Workshop 5 HEPA Framework Baden-Württemberg Dr. Christoph Rott, Dr. Torben Sammet Workshop 6 Effective fall prevention: The exercises that work Prof. Dr. Dawn Skelton Workshop 7 Action plan “physical activity promotion of elderly” Prof. Michael Kolb |
| Approx. 17.30 | End of the workshops |
| From 19.30 | Reception in the multigenerational house in Stuttgart Heschl |



Wednesday, 19 March 2014

- 09.00** **Practical visits on site**
1 Robert Bosch Hospital *tbc*
2 Sport in the park
- 11.00** **Arrival city hall and coffee**
- 11.15** **Results of the workshops**
- 12.15** **Geriatric aspects on healthy ageing**
Prof. Dr. Clemens Becker
Geriatric rehabilitation, Robert Bosch Hospital
- 12.45** **Lunch**
- 13.45** **Exercise to prevent falls: practical implementation**
Prof. Dr. Dawn Skelton
Glasgow Caledonian University
- 14.15** **Healthy ageing in the city**
Antonio Borgoni
University of Cassino and Southern Lazio
- 14.45** **Coffee break**
- 15.15** **Implementation of health enhancing physical activity in the city**
Prof. Dr. Michael Kolb
University of Vienna (Paseo Project)
- 15.45** **HEPA Handbook Presentation**
Project representative
- 15.15** **Official handover of the HEPA Handbook by the representatives of the project to the European Commission and to the participants**
- approx. **15.30** **End of the conference**