

SPORT FOR OLDER ADULTS - SLOVENIA

Key Info



COUNTRY: Slovenia | **YEAR(S) ACTIVE:** Ongoing

ORGANISER(S): Ministry of Economy, Tourism and Sport | National Institute of Public Health (NIPH) | Sport Union of Slovenia (SUS) | Together for Health

COLLABORATORS: University of Ljubljana | Local Associations | European Union (EU)

TARGET AUDIENCE: Adults 65+

Summary

Sport for older adults is a movement within Slovenia for empowering sport and recreational activities and promoting physical and mental health among persons older than 65. There are a range of programmes and projects organised by government ministries, national institutes, and national associations. Specific emphasis is placed on providing free group exercise in publicly accessible locations and the activities are highlighted in the Ministry's Sport for All programmes.

SLOfit Lifelong Fitness Test - NIPH

- Public health initiative establishing a **national physical fitness surveillance system** monitoring physical health
- Persons receive a **physical fitness report** and can attend health workshops

Active Aging Festival - SUS

- Series of events to **raise awareness of intergenerational activities** and their benefits
- Strengthens **community ties** and promotes physical activity



Exercise Alphabet - NIPH

- Scientifically based **exercise programme for older persons** to improve muscle power, balance, and physical and mental well-being
- Free mobile application** containing A-Z exercises

'Get moving, start exercising' - EU

- EU funded government project to provide **professionally guided programmes**, e.g.: cycling, yoga, and running
- Targets older adults that do not meet **WHO guidelines**
- The activities are **free of charge**, and the programme runs for four years