

Key Info



COUNTRY: France | **YEAR(S) ACTIVE:** 2007 – Ongoing

ORGANISER(S): Fédération Française de la Retraite Sportive (FFRS)

COLLABORATORS: Local Sports Associations and Clubs

TARGET AUDIENCE: Persons 50+

Summary

Sport Senior Santé is a concept developed by the Fédération Française de la Retraite Sportive (FFRS) ("French Federation of Sports for Retirees") to **improve physical and mental wellbeing** among persons over the **age of 50 years old** and delay the effects of aging. The FFRS recommends the practice of different complementary, regular, and adapted activities to **promote autonomy and social inclusion** among seniors.

Objectives

1. **Preservation of the health and conviviality** of senior persons
2. **Encourage healthy lifestyles**, physical and mental health, and social inclusion
3. **Provide sport-related education** to prison officers, incarcerated persons, and sports associations
4. **Support sports associations** with developing targeted sports programmes

Best Practices

- ♦ **Example recommended activities** out of the 60 proposed in FFRS flyer:
 - Walking, Nordic walking, water walking, cycling
 - Dancing, gentle gym, aqua aerobics, yoga, tai-chi, stretching
 - Pickleball, table tennis, tennis
- ♦ Activities are broken down into the capacities required, eg.:
 - Cardio-respiratory, mobility, co-ordination, muscular strength

Insights

- ♦ By 2020, 30% of the population will be 65 years old and older
- ♦ Over 400 clubs and associations across France have participated

