



ACTIVU

Activate Healthy Lifestyle through Counselling for You

PRACTICAL MANUAL ON HEALTH-RELATED BEHAVIOURS FOR FORMER ACTIVE CITIZENS



The Practical Manual contain guidelines of non-formal education focused on promoting of physical activity and other health lifestyle practical skills for actual and future former active citizens.

Health-related knowledge, attitudes and behaviours training will be effective when it changes the health-related behaviour of the trainees. Health-related trainers can put their focus into the best training they can think of, only to see trainees in the field doing things that confirm their instructions. However, trainee autonomy is also relevant.

The Practical Manual is laid out to achieve these major goals:

- 1.To improve guidance for important concepts and issues regarding health-related attitudes and behaviours for former active people
- 2.To provide information regarding the importance of active lifestyle for the health of former active people
- 3.To describe current health-related recommendations for former active people and how these recommendations can be achieved
- 4.To provide information regarding how active lifestyle may be effectively promoted in former active people within organizations, homes and the community, and
- 5.To briefly describe the characteristics of a sound diet to support an active lifestyle in former active people.





3rd Transnational meeting

held on 13th of March 2022 in Bari, Italy

CONCEPTION OF TEACHING MATERIAL & MOOC CONTENT

IMPLEMENTATION OF THE TRAINEESHIP PROGRAMME

Trainers are focusing to apply the knowledge and skills acquired in the online course to guide trainees from different participants' countries. Each partner will manage the work and involvement of members of the Technical Committee, trainers and trainees from its own country. In general, counselling and prescription will be defined in a ratio of 1 trainer to 2 trainees. The relationship will be personal and the goal is trainee's behavioural change in relation to their physical activity and other health-related behaviours (defined by the specific needs; e.g., smoking, alcohol consume, nutrition, overweight). The relationship will be personal and the purpose is to activate the trainees mainly outdoors, activating the trainee in green contexts (e.g., city parks, outdoor sports circuits, open sports facilities) associated to physical activity and behavioural change adherence.

All members of the Technical Committee are in the process of revising and finalising the conception of the teaching materials and the MOOC platform of the project, taking into consideration feedback received from every participant.



activuproject.eu/



Activate Healthy Lifestyle through Counselling for You



Follow Us to remain updated of our progress

The Partnership



Co-funded by the Erasmus+ Programme of the European Union

The European Commission supports the production of this publication and does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.