

BEST PRACTICES

ENFORMA is a program organized by the Region of Madrid, whose objective is to bring the practice of physical exercise to all senior people. It is held between the months of October to June in various parks and gardens of different Madrid districts.

Participation is easy and free. Prior registration is not necessary. Those interested can go to any of the 29 points designated by the Region of Madrid and begin enjoying the benefits of physical activity.



BEST PRACTICES

PHYSICAL ACTIVITY GUIDE FOR ACTIVE AGEING OF THE ELDERLY

1. For people that want to actively engage and maintain healthy habits.
2. Targeting older people that enjoy full autonomy or those who age with fragility.
3. With World Health Organization (WHO) guidelines.



FULL DOCUMENT



GUÍA DE ACTIVIDAD FÍSICA
PARA EL ENVEJECIMIENTO ACTIVO
DE LAS PERSONAS MAYORES



BEST PRACTICES

MANY GRAY HAIRS, MANY DESIRES

Senior program "Many Gray Hairs, Many Desires" aims to promote the importance of the elderly as active members of society. The program offers various alternatives so as the participants successfully occupy their free time, through social activities, sports, cultural and family.

- **Privileges:** annual medical check up, fitness three hours a week (with gymnastics and swimming), educational conferences, special rates, etc.

Like to know more? 



**Muchas Canas,
Muchas Ganas**

Programa para personas mayores

BEST PRACTICES

THE 10,000 STEPS DAY

The main aim of promoting physical activity and sport for over 65s, with the introduction, at the state level, for one day a year in which older people are walking and is a reference date for the promotion of active ageing.

Like to know more? 



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SENIOR SPORTS MEETING

The idea proposes the promotion of an annual meeting of physical activity and sport for seniors, in order to exchange tools of best practices among the municipalities of the State level.

Meetings will be open to different organizations related to the sector, as well as to professionals of health and physical activity for seniors.



Like to know more? 

BEST PRACTICES

Course: ACTIVATE, ADVISED HEALTH



Aimed at professionals in primary care, doctors and other health professionals, for the application of physical exercise as a healthy therapy for people with risk factors and diseases, and as a way of promoting health and preventing disease and injury.

ACTIVE AGEING INDEX



The Active Ageing Index is a tool to measure the untapped potential of older people for active and healthy ageing across countries. It measures the level to which older people live independent lives, participate in paid employment and social activities, and their capacity to age actively.