

LIFE LONG
SWIMMING



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SPORT NETWORKS

HEALTH AND AGEING: A PROJECT WITH THE ELDERLY FOR THE ELDERLY

Our project wants to bring an innovative model in the study of ageing. We have embarked on a path with the aim to study, along with the elderly, the aspects of physical and mental health, with the aim to determine the best strategies for maintaining health and to determine which elements can predict physical and cognitive impairment related to ageing.

<https://universitiamo.eu/en/campaigns/gli-anziani-per-gli-anziani>

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Senior Italian Federanziani

Senior Italian Federanziani is the federation of associations of senior citizens founded in 2006 with the goal of protecting the rights and improving the quality of life of senior people. Senior Italian Federanziani brings together many associations with a total of 3,500 Social Centres for the Elderly (CSA) on the whole national territory and more than 3.5 million people participating.

SENIOR ITALIA
FEDERANZIANI

<http://www.senioritalia.it/>



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SENIOR FITNESS

The locomotor training dedicated to the elderly
Punto Service in its RSA, has created a format dedicated to the elderly, which connects the motor and cognitive training.
Equipment and software will be available not only to guests of the RSA but will also accommodate the elderly population residing in the vicinity of the structures .





NETWORK

CCM – Centro Nazionale per la prevenzione e il controllo delle malattie

Ccm is the Italian acronym for the National Centre for Disease Prevention and Control.

Its task is to liaise between the Ministry of health and regional governments as regards surveillance, prevention and promptly responding to emergencies.

Over the years, Ccm has acquired a specific identity which makes it unique within the framework of Italian public health; its main features are:

- **mission:** more prevention nationwide and in the national health service practice through strategies and interventions whose efficiency can be demonstrated by solid scientific data
- **working method** based on projects, with clearly defined objectives, procedures, responsibilities, resources and implementation timelines
- **systematic discussions** within its collegial consulting bodies, and cooperation within Regional Governments' technical working groups
- **appropriate positioning** in the public health sector which allows connection between projects and institutional activities, linking the health service action with large international networks.

<http://www.ccm-network.it/pagina.jsp?id=node/2000>



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#MOVEWEEK

PROMOTING PHYSICAL ACTIVITY

[MOVE Week](#) is an annual Europe-wide event held in May and has been an integral part of the NowWeMOVE campaign since 2012. With 1.8 million participants in 2015, MOVE Week has become the biggest annual week in Europe promoting the benefits of regular participation in sport and physical activity. MOVE Week is an open platform for anyone with an interest in getting people active to showcase their activity or event to their community. That person, group or organisation is a MOVE Agent



<http://italy.moveweek.eu/>