



UA

UNIVERSITAT D'ALACANT
UNIVERSIDAD DE ALICANTE
Vicerectorat d'Estudis i Formació
Vicerectorado de Estudios y Formación



AUTHORS: Isabel Ripalda Ramírez
Francisco Pérez Fortes
Alumnado UPUA

VOLUNTEERING FOR THE PROMOTION OF PHYSICAL-CULTURAL ACTIVITY AMONGST SENIORS

INTRODUCTION

The main contents dealt with focus on the importance of physical activity and the need to change habits, as well as on the personal attitude towards physical activity and maintenance. A reference is made to the consequences derived from limited physical activity in seniors' lives, stressing the fact that regular physical activity plays a very important role in maintenance and that a certain level of activity and flexibility makes it possible to enjoy basic mobility in the everyday life of older adults.



BACKGROUND

Peer-to-peer training has proved to be an important tool for the encouragement of active ageing. Following UPUA's participation in the European PPS (PEER TO PEER SUPPORT FOSTERING ACTIVE AGEING) project, the authors of this poster put into practice an activity that they had been carrying out for years as volunteers in a variety of social and cultural centres located in Alicante.

METHODOLOGY

- The Maintenance practice is performed once a week, in a room suited to the number of participants, with exercises carried out in a standing, sitting or lying position and listening to chill-out phrases and music.
- The Viewpoints tour lasts 2 hours. Participants are given a tour plan, with photographs of the façades that will be visited, and once before them, volunteers provide information about their historical characteristics and any other relevant historical data.

AIMS

- Improving seniors' physical condition.
- Enhancing the training related to physical activity and to the town's cultural and architectural heritage.
- Encouraging active ageing.
- Promoting the social inclusion of seniors through this volunteering and social responsibility practice.

OUTCOMES

- Maintenance volunteering has been developed for 4 years in the Association of Students and Alumni of the Permanent University of the University of Alicante.
- The urban tours, referred to as 'Alicante Artistic Viewpoints,' have been carried out since 2013 with people belonging to a wide range of associations and entities.



CONCLUSIONS

This initiative makes it possible to combine physical activity with cultural and social interaction with the aim of continuing to stimulate the collective practice of physical exercise, which is basic for health.