

#### More Exercise for Seniors: Opportunities and Challenges

Since the 1960s, More Exercise for Seniors (MBvO in Dutch) has offered a number of physical activities designed specifically for elderly people. The aim of MBvO is to promote optimal functioning, not only physically but also mentally and socially. Although MBvO has been available for more than 40 years and 300,000 people participate weekly in its exercise classes, to date there has been no research into MBvO. This thesis reports the results of several studies of MBvO.

The results of our studies indicate that MBvO has considerable potential for increasing the physical activity of elderly people. The enormous network of MBvO instructors and groups means that nearly every municipality in the Netherlands offers MBvO. The drop-out incidence of MBvO is low, and frequent participation confers health benefits, especially in certain subgroups of the population, such as older senior citizens and physically inactive individuals. Results showed that it is important to increase the frequency of exercise, either by increasing the number of weekly sessions or by encouraging participants to add extra physical activity to their daily routine. In this way, they may comply with the Health Enhancing Physical Activity guidelines (30 minutes of moderately intense physical activity daily for at least 5 - but preferably all - days of the week).

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Body @ Work



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## Uitnodiging

voor het bijwonen van de openbare verdediging van mijn proefschrift

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om 13.45 uur  
in de aula van het  
hoofdgebouw van de  
Vrije Universiteit  
De Boelelaan 1105  
te Amsterdam

Na afloop bent u van harte  
welkom op de receptie aldaar

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