

The KIFLI (Keeping Fit in Later Life) project addresses physical activity, teaching and learning in later life and also inter-generational learning. The project is aimed at older people who would like to maintain their health and physical activity and also trainers who can help older people to reach these objectives.

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Across Europe the population is aging; people over 50 years of age currently represent 36% of the population and the birth rate is constantly decreasing. European society faces the challenge of preserving the mental and physical health of this group of people, in order to maintain social and economic activity; and to avoid loss of autonomy. People over 50 need to remain active to maintain their quality of life and to stay in the labour market for a longer period.

The KIFLI (Keeping Fit in Later Life) Project aims to provide a set of resources and materials which will promote physical activity among people over 50. There is currently a lack of adequate materials that show people how to integrate physical activity into everyday life with appropriate motivation and variety. The Project will develop a framework which encourages the physical activity of older people, through facilitating materials and training opportunities.

KIFLI is a two year European project (2010 to 2012), involving a partnership of 7 organisations across 6 countries. It is funded by the Grundtvig Lifelong Learning Programme of the European Union.

The outcomes of the project will include:

1. leaflet
2. guidelines on training principles for the elderly

3. website with web 2.0 platform
4. online training material with 4 modules, online fitness test, and videos
5. printed handbook for professionals and trainers
6. final conference

Preserving mental and physical health, social and economic activity and avoiding loss of autonomy are the main challenges of an ageing society in Europe. Physical activities not only have direct effects on health, but also contribute to cognitive performance, help social inclusion and prevent depression.

Therefore it is essential to motivate people over 50 to devote time to activity and also to enable them to have access to equipment, classes, materials and communities offering opportunities to exercise and programmes tailored to their needs. KIFLI project aims to respond to these challenges.