

# Good practices in HEPA

## NAME OF THE ACTIVITY

Standardised Health-Sport programmes

## LEADING ORGANISATION

DTB

## COUNTRY

 Germany

## HEPA-RELATED TOPIC

HEPA for NCD prevention

## TYPE OF ACTIVITY

Education and training, activating inactive people, behaviour change

## TARGET GROUP

Sedentary adults, often with health problems and health risks

## OBJECTIVES

The main objective of the programme is to activate physically inactive people and to provide them with beginner level physical education.

## ACTIVITIES

There are approved and evaluated DTB programmes that are developed especially for sedentary adults (low fitness level) with the focus on health promotion. Promotion of health resources (physical and psycho-social), helping people cope with specific health problems and taking the step from exploring to maintaining a health-enhancing physical activity routine are the main aims of the programmes. The programmes

are published as manuals for the instructors. The exercise programmes differ with respect to core fitness areas (e.g. cardio training), to specific health problems (e.g. back-training), or to special knowledge about fitness and wellbeing.

## RESULTS/EVALUATION

All programs are standardised and most of them are effect-evaluated and checked by experts for income evidence. The following programmes and their accompanying manuals are now available: Everyday Training Programme for people over 60 years of age who have been inactive up to now, but would like to make their everyday life more active in the future. Fit into old age - developed to maintain independence in everyday life and to prevent falls. Fit and healthy - a 60-minute health sports program for comprehensive fitness strengthening with a focus on full-body strengthening and mobility. Stable and solid - fall prevention training. Nordic walking and walking - step by step to more fitness and health. Whole body strengthening and mobility - gentle and effective. Back strength and mobility - gentle and effective.

### WEBSITE

[www.dtb.de](http://www.dtb.de)

### CONTACT

[pia.pauly@dtb.de](mailto:pia.pauly@dtb.de) and [heidrun.kraemer@dtb.de](mailto:heidrun.kraemer@dtb.de)

