BEYOND GYMS: PUBLIC SPACES AS SCALABLE SOLUTIONS FOR PHYSICAL ACTIVITY PROMOTION

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ONGOING PROJECT „OPEN SPACE AND CLOSED YEARS”

Outdoor multicomponent program

Focus on promoting physical activity in +60

Innovative approach: use of public open spaces

- Program conducted in real-life outdoor settings

Outcomes: physical, adherence, psychosocial

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WHY RETHINK PHYSICAL ACTIVITY ENVIRONMENTS?

Physical inactivity is a global public health issue

Aging populations need accessible programs

Most exercise is still indoor-based

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UNTAPPED POTENTIAL OF PUBLIC SPACES

Parks and green spaces are widely accessible

Low-cost infrastructure

Suitable for diverse populations

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WHAT DOES SCIENCE SAY?

Nature access increases activity levels

Improves mental well-being

Enhances social interaction

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WHY OUTDOOR EXERCISE WORKS?

Higher adherence

Fewer participation barriers

Added psychosocial benefits



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WHY THIS MATTERS?

Low-cost interventions

High ecological validity

Community-based impact



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BENEFITS FOR AGING POPULATIONS

Improved accessibility

Social inclusion

Reduced isolation



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MOVING BEYOND GYMS

Integrate outdoor programs

Structured sessions in parks

Collaborate with communities



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QUESTION OF ALL QUESTIONS

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The problem

Outdoor exercise programs are difficult to plan in advance

Weather conditions (rain, wind, temperature) create uncertainty

Fixed schedules → low reliability → reduced participation

This has been a major barrier to implementation

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Our solution

Digital literacy increased even in older (smartphone usage is regular)

Use of WhatsApp group communication

Training sessions are announced 1 day in advance

Based on weather forecast and real conditions

Morning confirmation or cancellation

SLIDE WITHHELD FOR PRIVACY

A screenshot of private correspondence has been removed from this website edition.

The original presentation is retained privately.

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FUTURE DIRECTIONS

More intervention studies

Long-term tracking

Policy integration

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KEY TAKEAWAY

Public spaces - scalable solutions

Outdoor exercise boosts health & well-being

Strong benefits for older adults

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YUMMY!



THANK YOU

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