

**Collection of HEXE programs, initiated and used by sport association and sport clubs (based on an inventory of the ISCA HESE-Network).**

All programs are documented in manuals or books.

<b>Title</b>	<b>Initiator</b>	<b>Target Group</b>	<b>Aims</b>	<b>Content &amp; Duration</b>
<b>SAFARI-Gym Kids on discovery tour</b>	DTB/Germ.	Inactive & overweight children	Strengthening of physical recourses; Strengthening of psychosocial resources; Reducing of risk factors	Easy forms of Gymnastics; Walking; Games; Healthy nutrition. 12 weeks (2x/week)
<b>Appetite for movement - Exercise and nutrition programs for elementary school children</b>	DTB/ Germ.	Inactive & overweight children	Multifunctional prevention; Reducing of risk factors; Bond to regular physical activity	Easy forms of Gymnastics; Walking; Games. Course of 12 weeks (10 weeks activities + 4 weeks Nutrition Seminar)
<b>Functional Training for Seniors</b>	DGI/DK	Inactive adults and older People	Multifunctional prevention; Reducing of risk factors	Easy forms of Gymnastic Gymnastics. Course of 15-20 weeks
<b>HPSP-ABC</b>	SUS/Slov.	Adult & elderly sedentary people; Already active people	Improving health enhancing physical recourses; Reducing blood pressure; Reducing muscular misbalances	Simple forms of Gymnastics (8 functional movements); Walking; Exercises for Pelvic Floor muscles. 18 weeks (3 sections à 6 weeks)
<b>Fit &amp; Healthy – All-round health program in the gym</b>	DTB/Germ.	Inactive adults	Multifunctional prevention; Perception of the own body and its function; Social binding and competences	Easy forms of gymnastics; Walking. Course of 12 weeks
<b>Multifunctional Gymnastics</b>	SESC/Bras.	Sedentary & active adults and elderly people; Children & adolescents	Strengthening physical and psycho-social recourses; Counteracting risk factors	Gymnastics; Walking; Exercises on fitness-machines; Pilates. Unlimited course
<b>Cardio-Active. Cardiovascular training for young and old</b>	DTB/Germ.	Sedentary Adults	Strengthening physical (part. cardio-vascular) and psychosocial recourses (part. self-esteem, mood management)	Simple forms of gymnastics; Walking; Imparting of knowledge. Course of 12 weeks
<b>Run with DGI</b>	DGI/DK	Sedentary & active adults	Strengthening cardio-vascular functions; Reducing risk factors; Improving social competences	Walking/Jogging in groups (respect to the preconditions of participants). Course of 30 weeks.
<b>Mobilis light – More moving –Healthier eating</b>	DTB/Germ.	Sedentary, overweight adults	Reducing risk factors; Improving well-being & self-consciousness; Reduction of weight.	Gymnastics (aerobic); Walking/Jogging; Imparting of knowledge about healthy nutrition. Course of 14 weeks (10 weeks physical activities + 4 weeks Nutrition Seminar)
<b>In Shape</b>	UBAE-eurofitness/Sp.	Sedentary adults & elderly people	Strengthening physical recourses; Reducing risk factors	Gymnastic exercises. Unlimited course
<b>Aquagym</b>	UBAE-eurofitness/Sp.	Sedentary elderly people	Strengthening physical resources; Reducing risk factors	Swimming/Water Gymnastics. Unlimited course
<b>Nordic Walking</b>	DTB/Germ.	Inactive, sedentary adults	Strengthening physical & psychosocial resources; Reducing risk factors	Walking; Outdoor gymnastic exercises. Course of 10 weeks
<b>Optiwell-more fitness &amp; wellness through strategy</b>	DTB/ Germ.	Inactive women	Strengthening physical (part. cardio-vascular) and psychosocial recourses (part. self-esteem, mood management)	Gymnastic; imparting of knowledge with regard to women specific issues