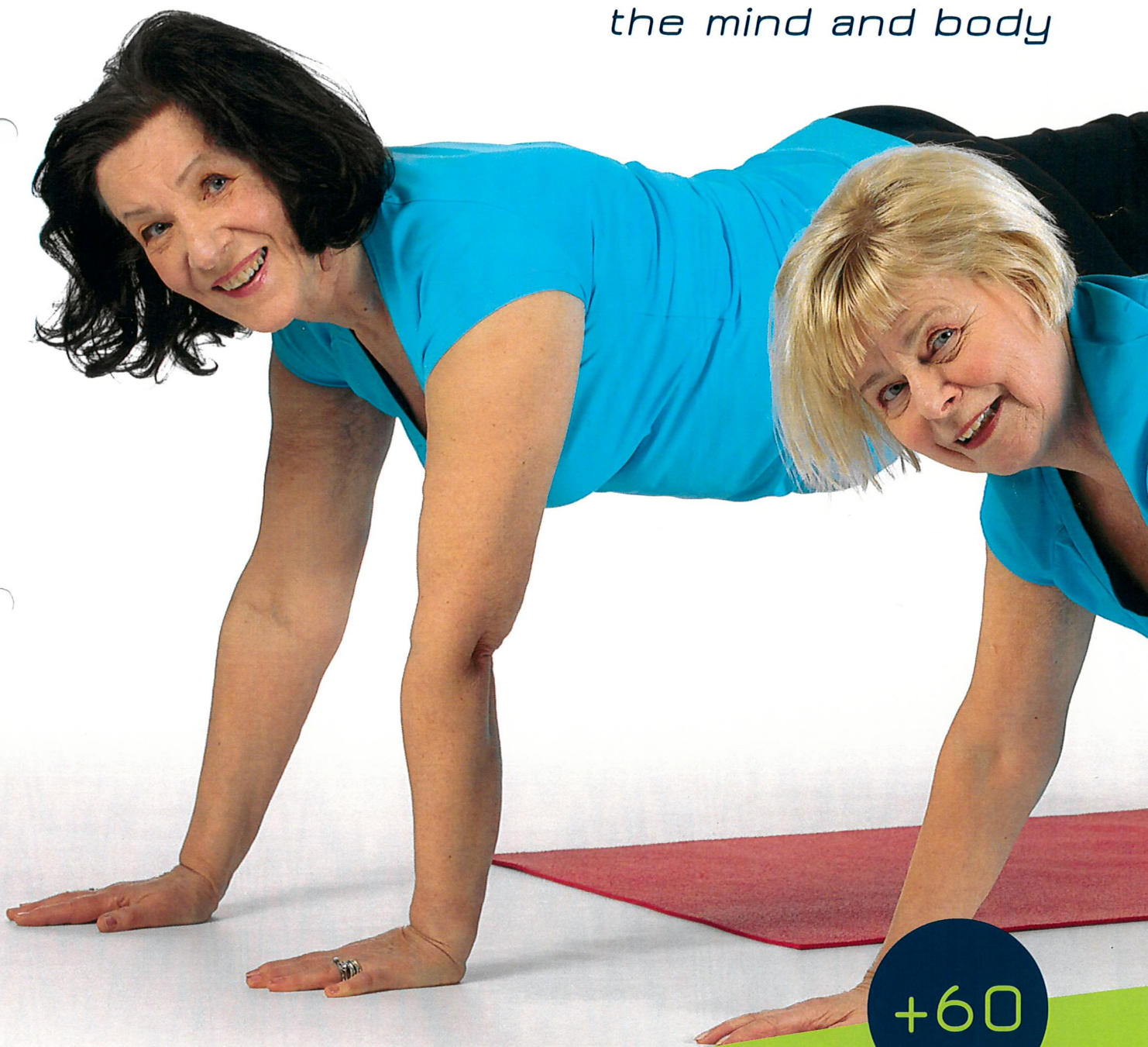




FINNISH
GYMNASTICS FEDERATION

*Ikiliike - Highlights for
the mind and body*



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www.voimistelu.fi/ikiliike

GYMNASTICS KEEPS YOU IN MOTION AND YOUR MIND AWAKE

Exercise is a great tool for an elderly person's mind and body every day. Gymnastics clubs organize classes for the elderly that make sure senior citizens can tone up their muscular strength, balance and stamina according to their strength. Gymnastics does not require the skills of an acrobat or wild turns at the gym, but the classes can start with small movements and walks. Gymnastics gives joy and benefits to everyone – gymnastics makes you move in various ways and with a variety of objectives.

Information on exercise designed for senior citizens at the gymnastics club near you!

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IKILIIKE – A PROJECT TO PROMOTE EXERCISE FOR THE ELDERLY

The Ikiliike project promotes the exercise of the elderly in the Finnish Gymnastics Federation. The Gymnastics Federation and the gymnastics clubs launched Ikiliike, a project to develop senior citizens' exercise, in April 2013. The goal of Ikiliike is to get an increasing number of seniors around Finland to exercise and to train more instructors for the elderly. The project is funded by the Ministry of Education and Culture.

The new activities for the elderly are run by pilot clubs around Finland. Furthermore, exercise for the senior citizens and classes in line with the Ikiliike principle are also available in other member clubs of the Federation.

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