

### 3. HEXE programs for special health needs

#### Example No. 1

*Title of the initiative:*

## **Stable and Robust**

*Who is the initiator and/or provider of the activity?*

The German Gymnastic Federation (DTB) has the initiative created. It is carried out mainly in Gym-Clubs. As the exercise-program is published in a manual it's as well available for other relevant providers like senior homes, Red Cross etc...

*To which type can the initiative be assigned?*

Health Enhancing Exercise Program (HEXE)

*Who is the target group?*

Older sedentary people; should be able to stand and walk on their own.

*What kind of sport/physical activity is included?*

Gymnastics for everybody; simple games

*What are the aims of the initiative?*

- Consolidation of important physical health resources to give certainty in everyday life situations (especially coordination, balance, strength).
- Consolidation of psychosocial health resources (especially knowledge, self-confidence, mood management, social integration).
- Decrease of the risk factor of sedentary behaviour and the risk of falls.
- Commitment with daily physical activities.

*What is the content and method?*

- The concrete contents/exercises are orientated at the general topics of the sequences (e.g. for sequence 4 balance training: standing on one leg, balancing along a line, balancing and sensor-motor parcour).
- Methods include ability-tests, suggestions to make exercises more difficult, hints to build up knowledge, hints to use different tools in different ways (e.g. gym-mats)

*What is the organizational structure of the initiative?*

The exercise program has a limited time frame of 12 sessions with 60 minutes each; it takes place once or twice per week. Each unit comprises 6 sequences: (1) address of welcome & knowledge, (2) training of situations of everyday life, (3) dual- and multi-tasking training, (4) balance training, (5) strength training, (6) homework

*What kind of precondition is requested for the instructor/coach?*

Basic qualification (licence) as an instructor in "Health-Sport" and special introduction into the program ( 4 hours).

*Special remarks*

The HEXE program is published as a book: Winkler, Jörn; Regelin, Petra (2012). *Standfest und stabil*.



(Stable and Robust) Kursmanual. Aachen. Meyer & Meyer Sport, 2012

## Example No. 2

*Title of the initiative:*

### **ABC Health Promoting Sport Program**

*Who is the initiator and/or provider of the activity?*

The program is initiated by Sport Union Slovenia (SUS) in cooperation with the University of Ljubljana; it's carried out in clubs of the federation.

*To which type can the initiative be assigned?*

Health Enhancing Exercise Program (HEXE)

*Who is the target group?*

- Sedentary people
- Already active people
- Adults & elderly people

The exercises will be adjusted to the respective target group.

*What kind of sport/physical activity is included?*

Gymnastics; Walking

*What are the aims of the initiative?*

- Improving of health enhancing physical resources
- Particularly strengthening the cardiovascular and the muscular-skeletal system
- Reducing blood pressure
- Reducing muscular misbalances

*What is the content and method?*

- Aerobic exercises with walking, followed by brisk walking and jogging.
- Strength and flexibility exercises through 8 functional movements.
- Parts of each workout are also two exercises for pelvic floor muscles.

The program is divided into 3 sections (6 weeks each) with increasing load; regular testing is part of each section.

*What is the organizational structure of the initiative?*

The program lasts 18 weeks and offered two times per week.

*What kind of precondition is requested for the instructor/coach?*

Special instruction for carrying of the program in a proper way.

*Special remarks*

Published as a book and on a CD: P. Pori/ M. Pori/ M. Jacovljevic/ D. Scepanovic: HEALTH

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