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# SMART AGEING

FIRST EC2U SUMMER SCHOOL  
***SMART AGEING AND HEALTHY LIFE***

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# SMART AGEING

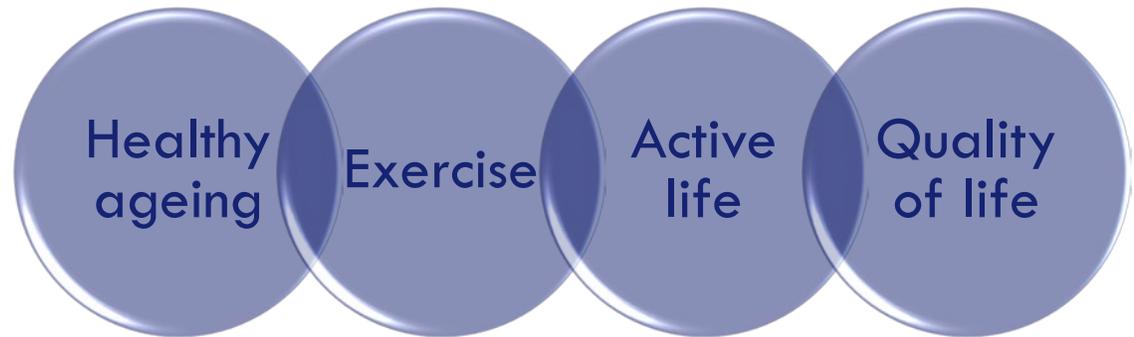
**Smart Ageing** is a new approach of how we need to live our lives. This new concept has strong relationships with concepts such as “active life”, “healthy lifestyle”, “constant physical activity”, “leisure sports and many more.

So, as we see, one of the main components of a life lived in a smart way involves a constant relationship with practice of physical exercises.

Of course there are concepts that belong to other fields besides physical activity and have a significant contribution to the sense of overall wellbeing.

By regularly and continuously accessing a set of physical activities we will be able to generate a proactive behavior that will fundamentally contribute to shaping a dynamic lifestyle.

## THE FACTORIAL RELATIONSHIP OF THE COMPONENTS OF SMART AGING



# SMART AGEING = ACTIVE LIFESTYLE = ACTIVE AGEING

Active aging, in the context of participatory behavior, supports the maximization of the physical, mental and social potential of modern man throughout life.

The concept of active aging paves the way for a plenipotentiary approach to specialized physical activities. They pursue three major objectives:

- positive manipulation of the development process (lifelong biological evolution);
- creating an optimal functional status of all inner systems and organs of the human body;
- the formation of a superior capacity for motor manifestation.

# Smart Ageing = Health = Quality of life

Quality of Life

Physical capacity

Psychological

Level of independence

Social relationship

Environment

Spirituality/religion/personal beliefs

# The connection between motor activities and quality of life

The relationship of physical activities with the general quality of life and general perceptions of health is a complex and multidimensional one. Here is a brief list of the benefits offered by the practice of motor activities and the connections with the main areas and components of the modern concept of quality of life.

## Physical benefits

- harmonious physical development• maintenance and improvement of cardiac and respiratory function
- optimization of the activity of the internal organs and of the apparatuses of the organism;
- weight and body composition control;
- obesity prophylaxis
- functional recovery and postural correction;
- increase of the indices of muscular tonicity and strengthening of the joints and ligaments

## Motor benefits

- development of conditional skills (strength, speed, endurance), coordination capacity (spatio-temporal orientation ability, balance ability, ability to combine and couple movements), joint mobility and muscle suppleness and the development of mental skills;
- forming a general motor base for practicing a wide range of fitness and leisure sports activities;
- training specific skills and abilities in branches, disciplines and sports events;

## **Utilitarian benefits**

- empowering subjects with a volume of practical and physical skills necessary to successfully participate in various daytime and professional activities;
- formation of a high work potential and resistance to modern stressors;
- increasing the body's resistance to the influences of negative environmental factors;
- the possibility of rapid adaptation to various conditions of professional and domestic work;
- widening the horizon for accessing leisure activities;
- ergonomic autonomy and social mobility.

## **Psychodynamic benefits**

- improvement of specialized memory (motor) and concentration on specific task;
- developing the attention and understanding of the transmitted cognitive contents;
- development of motor intelligence;
- developing levels of thinking such as anticipation, analysis-decision, adaptation, speed, intuition;
- regulating emotional dynamics through repeated exposure to various sports contexts;
- balancing behavioral dynamics, attitudinal self-regulation in relation to various conflicting or difficult situations and strengthening confidence in one's own resources;

## **Social benefits**

- stimulating the interest of individuals for the systematic practice of physical exercise and the formation of their capacity to practice independently;
- broadening the horizon of knowledge, by acquiring a system of values and norms necessary for the practice of physical exercises;
- creating sustainable motivation for physical exercise (means of fitness for health).
- forming a positive moral behavior (altruism, fair play, camaraderie, friendship)

*Smart aging* in accordance with our deep understanding, debated and analyzed notionally in this first part, is emerging with the notion of successful aging<sup>°</sup> that delimits health through terms such as resilience and functional independence. This notion is ultimately the essence of life as we want and understand it in the contemporary age.

### **SMART AGEING concept – our proposal**

Accumulation of a generous volume of motor skills and abilities that will allow the human individual to access higher and specialized forms of various activities (social, cultural, professional or sports) according to personal desires, tastes and needs. The level of motor independence, emotional stability, a strong mental tone and a superior functional efficiency represent the prerogatives of a fulfilled, happy and healthy life.

<sup>°</sup> Lowry, Kristin A., Abbe N. Vallejo, and Stephanie A. Studenski. 2012. “Successful Aging as a Continuum of Functional Independence: Lessons from Physical Disability Models of Aging.” *Aging and Disease* 3 (1): 5–15.



# APPLICATIONS

# Ice breaking



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# Teambuilding



# Mutual knowledge. Communication.



# Team work



# Dynamic multitasking games



# Adapted programs of cardio-respiratory conditioning



# Multitasking Motor Conditioning



# Thank you

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