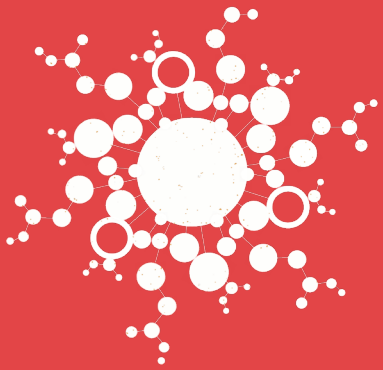




EduFit - Be fit to learn better!



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EduFit-Be fit to learn better!

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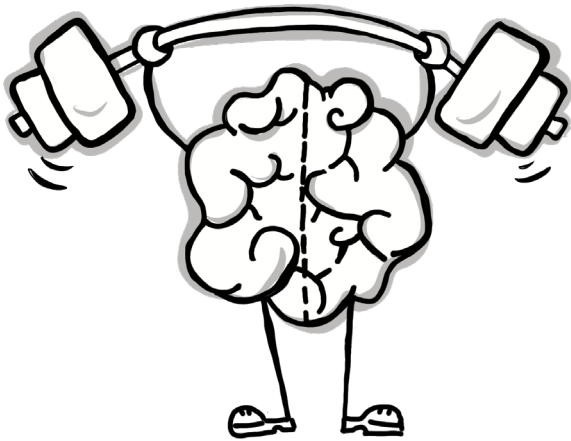
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EduFit - Be fit to learn better!

Connecting the world by non-formal digital education.

The 6th edition of Connector aims to create the virtual space and context in which people involved in learning can become familiar with and put in practice different non-formal learning methods. Even though it takes place online, the event will keep its participative and interactive approach, with a focus on direct experience.

CONNECTOR 2021 workshop

This workshop invites participants to realise that the body-mind-soul is a whole that works together and each part is equally important. Beside physical exercises and tricks to build habits, the workshop will also stress how movement supports the learning process.



Cristina Palavescu

I believe in the power of movement!
I am a person...just like you. I have arms and legs. I choose to use them, to move them in the easiest and most convenient ways. You can choose that too; you just need to be creative.

I admit that my passion for sports comes from the family, my grandparent was a football player and a sports teacher, and my father is a martial arts trainer and international referee. Over time, I have played many sports: martial arts, swimming, tennis, gymnastics, but I found my place in aerobics and fitness. So, I'm a passionate Fitness Professional,

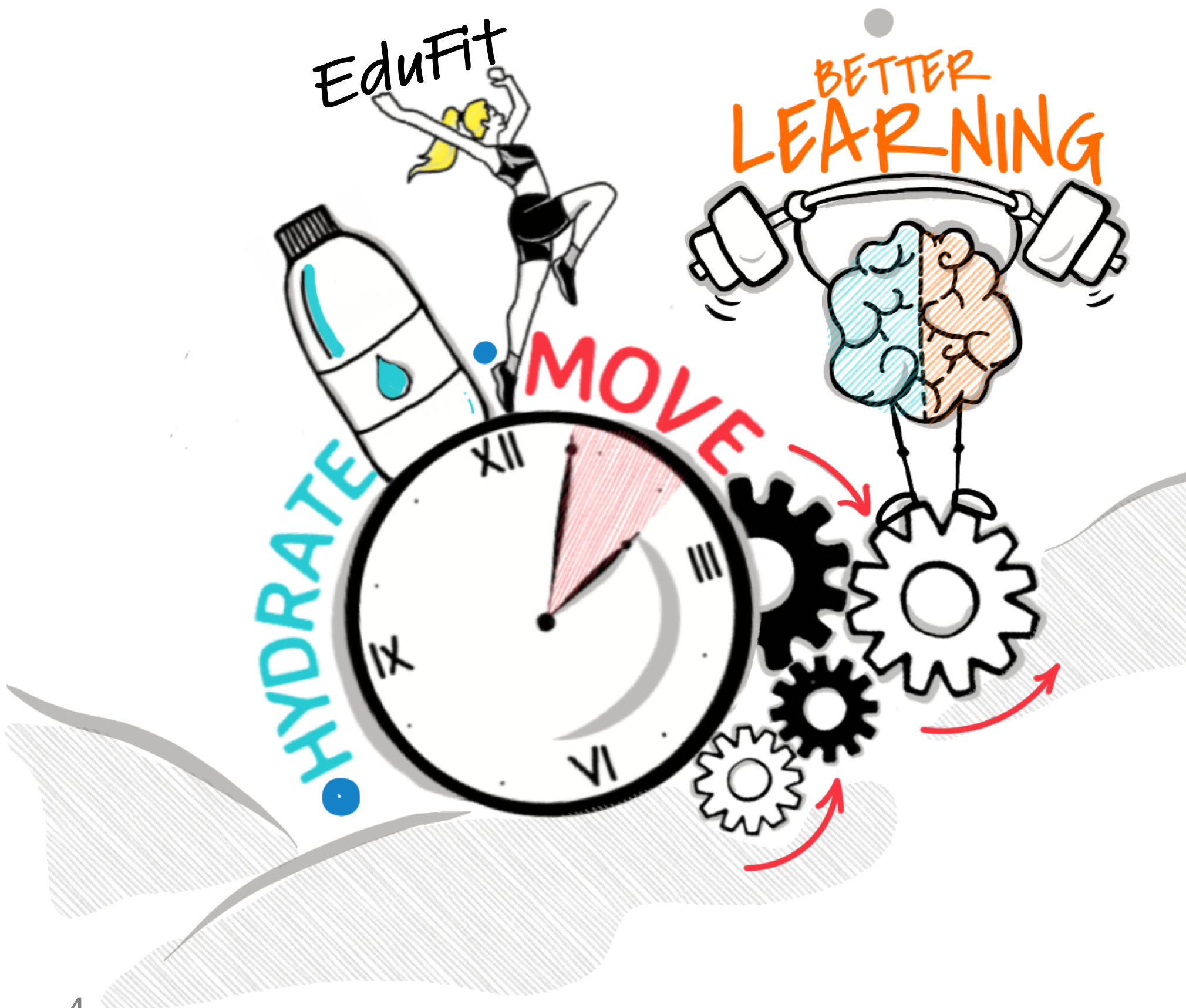
with 13+ years of experience, specialized in *Aerobic, Kangoo Jumps, Strike Zone, Super Jump, C-moves, Steel Tonic, Steel Combat* etc. I'm a Personal Trainer and Group Fitness Instructor for various age categories with online and offline experience.

I'm also certified as a Nutritionist.

In 2021 I've started my own fitness and mindfulness programme *tiME – EduFitness & Mindfulness Program (a 30-day online program for women)*. Above all these, I am a full-time mom of two girls: *Ale (4 years)* and *Emma (2 years)*.

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What is EduFit?

Movement is a part of what we do consciously (or not) ever since we are born and even before that. In time, as years pass, we focus more on the intellectual, spiritual, or emotional activities, we take the physicality for granted – breathing, heart beating, and sleeping – or we ignore it, as we seldom do with stress or pain. During the „closed year 2020“, time spent in front of the screens increased even more and time spent outdoors decreased – it generally decreases with age anyway!

So, it is time to realize more than ever that the body-mind-soul is a whole that works together, and each part is equally important. It is time to raise awareness and to build habits focusing on and involving our bodies. Consciously and willingly to pursue the effort, on a daily basis, no matter how old you are and no matter where you are! And, as teachers and trainers, to pay it forward to those who you teach and train as a most affordable method to keep everybody both physically and mentally healthy.

Learning objectives

As you get more and more familiar with learning and re-learning to enjoy moving and all its benefits, you will:

- understand that the movement supports the learning process. Sport helps us in developing attention, concentration and settling the information. Movement itself is an experience from which we always learn something about us, in the first place!
- learn physical exercises that you can do for the conscious integration of the movement, regardless of age category (pre-schoolers, schoolchildren, adults, seniors) or dysfunctions (locomotors, deaf/mute etc.);
- discover age-related activities and exercises (e.g.: how to work on diminishing concentration problems for pre-schoolers/schoolchildren; how to work on diminishing stress-related problems for adults; how to approach movement for mental health for seniors);
- learn a series of exercises and tricks that will help building habits to ensure repeatability of the movement moments during the day;
- become more aware of why it is important to play sports, move, breath, hold postures, live in a mindful body, speak about and respect the personal space, know your rhythm and the rhythm of the others.



Preparation of the method

First of all, EduFit is a method for everybody, regardless of age and no matter where you are – off the screen or in an online meeting. So, in the first place, you have to adapt the movements to the age group that you are working with and then to the space. Please ensure that they have enough space to move around and that you can have a full body image of them. If you don't have enough space to move around, you should use the sitting movements or the standing movements (without displacement). Also, if you want to use accessories you should think of those available to everyone like bottles of water instead of weights.

You should also advise your group (if possible) to dress lightly or if not, you have to pay attention to the way they are dressed and adapt the movements to what they are wearing so that everybody feel as comfortable as possible. You should also advise them to have nearby drinking water for hydration. Don't forget about bringing on some energy and a lot of good mood! All these „ingredients“ are going to determine the future good relations between the learners and the way they will continue to move!

Delivering the method



The **EduFit** method is for everyone, regardless of age and no matter where you are (you can be at home, at your job, in the classroom or outside, in the nature) and because each age category has its own characteristics, both physical and mental, we will take them one by one.



Pre-schoolers (age 3-6)

1. Age group characteristics

There are a lot of characteristics for this age category, due to changes that take place in their body, mind and brain, but here are some of them which I think are worth mentioning:

Physical characteristics:

- Between 3-6 years they grow in height from 92 to 116 cm and their weight gain is significant.
- Muscle structure development takes place, and the adipose tissue decreases.
- Motor skills are more complex and secure.
- They can move independently.
- They have a lot of energy so moving comes natural to them as they gain more confidence in jumping, climbing, throwing objects etc.

Mental characteristics

- They develop more the ability to communicate so they can socialize and make friends.
- Curiosity – they are very curious about new things, and they want to discover.
- Short attention span.

2. The importance of movement from day 1 of life

From their first day of life, babies learn by moving – at first having to surpass the inherent difficulties of a body too small to support them and then having to cope with the curiosity that drives them towards light, sounds and other people. What happens when we move? Our muscles are strengthening and that's how we get more stable, balanced and we can coordinate. And those are the things we need to work on since we are born. Time goes by and we achieve more and more motor skills through the movement we make when we are babies, but also with help from our parents due to the exercises and the massage they are doing to us.

Movement is a fundamental aspect of life. Movement is more than just 'exercise' and does not necessarily require extraordinary effort, though it does require regular and consistent action. The lack of movement affects everything, every bodily function and process (*such as blood supply, digestion, and metabolism*), it even boosts immunity. For almost everything we want to do we have to move. Playing in the park, throwing a ball, picking up a pen, all these require flexibility, and we get to be flexible through movement.

3. The importance of fine motor skills and focus exercises

How fine motor skills help pre-schoolers in their daily life?

Those are the skills that help little children to be independent, to take care of themselves (like feeding themselves, brushing their teeth), and to grab objects, to write or to draw.

Practically, fine motor skills help them in daily life activities. They can develop fine motor skills only with practice and guidance from us. We need to do different exercises with them to increase their capacity to do certain activities. Let me give you some examples:

- Transferring activities – (very important for this age category) you need 2 trays and some beans (or whatever you like them to transfer from one tray to another).

Level 1: the little kid transfers the beans one by one with his hand from one tray to another.


Level 2: you also need a spoon. The little kid must transfer the beans one by one from one tray to another with the spoon.

Level 3: you need tongs. The little kid must transfer the beans one by one from one tray to another with the tongs. You can also put the kid to transfer water from one glass to another.

- Cutting with scissors (kids friendly) - for hand-eye coordination and manual dexterity.
- Painting activities – for hand-eye coordination and manual dexterity.

Like I said earlier, one of pre-schoolers' characteristics is short attention span. Attention span is the ability to give undivided attention to a specific task, ignoring the overstimulated environment. In the preschool years we need to help the child to increase slowly the concentration and it's good to know that for pre-schoolers the average concentration time is usually less than 15 minutes.

- Movement
is a fundamental
aspect of life -



Here are some exercises for increasing attention span:

- *Musical statues* – turn on the music and put the child to dance, then occasionally turn off the music and tell the kid to remain still, and then turn on the music again and so on.
- *Solving wooden puzzles* – this is a more static activity, but it really helps to increase eye-hand coordination.
- *Movement breaks* – like a reset brake for 1-2 minutes – the blood is flowing and boosts concentration.
- *Walking exercises* – walk backwards using small or large steps or pretend you walk on a rope
- *Balance exercises* – stand on one leg, stand on the tips or on the heels and walk around the room.

It is proven that exercises increase the child concentration, and it helps with attention and mental sharpness.

So why shouldn't we help them more by introducing more movement, more often, in their daily lives?

4. EduFit moves for pre-schoolers

At this stage of their development, children learn best by imitating and by copying what they see. Beside the fact that they are little and at the beginning of their journey, it is possible that they do not understand what they are told to do, so we need to let them see that we (as parents and educators) move as much as possible. In other words, be an example and move, show them what to do! How can we ask them to do something if we don't do it?

Standing exercise

- Stand up and move your head – back and forwards; left – right.
- Stand up and move your hands – flap your arms up and down on your side or in front of you; shrug your shoulders back and forwards (one at a time or both); swing your arms backwards and forwards; rotate your arms (one at a time or both).
- Stand up and raise on the tips of your toes; stand up and stay on your heels.

Sitting exercise

- Sitting with your legs stretched in front of you – the house roof: bend over and hold your toes; stretch your toes forward and backward.
- Sitting with your legs bent - the butterfly (soles united and pressing with your hands on your knees).
- Sitting on your tomy and hold your feet with your hands.

Walking exercise

- Walk on your peaks/heels.
- Walk backwards with small/large steps.
- Walk sideways to the right/left.
- Pretend you are walking on a rope (straight line).



Pupils (age 6-12)

We are referring now to the 6-12 age group, who can add additional characteristics and interests like school socializing, schedule, and homework, compared to pre-schoolers.

Movement becomes increasingly important now, as they are more prone to sitting down for longer periods of time.

1. Age group characteristics

If we are working with kids or we have our own kids we see or we will see that there are a lot of differences between pre-schoolers and students, both physical and mental.

So, let's see a part of students' characteristics.

Physical characteristics

- Physical growth is lower than during early childhood.
- Muscle mass increases.
- Muscular coordination and control are incomplete (they can control easier large muscle than small muscles), but we can see an improvement in their motor skills.

Mental characteristics

- become discouraged easy
- competitive
- feeling more independent
- feel the need to be successful
- impulsivity
- irresponsibility
- memory stimulated by rhythm and repetition
- they understand the concept of space, time, and dimension
- attention span – they can focus on a task for a longer period of time

Running exercises:

- Easy running.
- Running with your knees to the chest.
- Running with your heels to your back.

Balancing exercise:

- Stand on one leg and then change leg (count to 5 then change).
- Stand on the tips of your toes and walk.
- Jump on your both feet or on one foot.

I also like to do short circuits for kids, and they really like it.

You can choose 3-4 exercises and make a circuit workout, it's really funny.

For example: run to the chair, crawl from the chair to the table, jump from the table to the teddy bear, walk on the tips of your toes from the teddy bear to the place you've started. This kind of workout not only helps your kid to get physically stronger, but also helps to increase his attention, concentration, and memory.

[EduFit for pre-schoolers](#)



2. The importance of movement in education

We already saw that we need to move in order to do different activities, we need our muscles and bones to get strong and our flexibility to get better, but we also need our brain to develop, and movement can help us with this.

Let's see the benefits of movement for our brain:

- Increases memory and attention.
- Increases perception.
- Helps with decision making.
- Helps express creativity.
- Makes your brain more sensitive to joy.

When we move the blood and oxygen flow increases and positively affects cognitive development and mental well-being. Learning can be boosted by combining language skills with movement. Unfortunately, in contrast to kindergarten where everyone is generally moving, including the teacher, at school kids must stay down for longer periods of time.

And because we saw the benefits of moving for our brain and learning skills, we must introduce movement in school classes too. We don't need to do something complicated; we just have to introduce movement in the learning process however we want and feel appropriate.

3. How can we introduce movement in the child's daily life activities?

Most children love to move, they have a lot of energy, so we just have to take advantage of that.

"Movement break" is one of the ways that helps us introduce movement in their daily life and ours. So, once every half hour we need to stand up and start moving and tell the kids to do so.

*Workshop insights: A participant – teacher in primary education – mentioned that after we discussed about the "movement break" she used it during her classes with children age 7-9 and she noticed that by doing this the attention span increased and the children could focus better after these breaks.

We can also take a walk with the kids after lunch or walk the dog if we have one. At school or at home they can have some backyard/park activities like raking leaves or planting flowers. We should also teach them to take the stairs instead elevator.

Another way is to teach the kid to stand on one foot when he puts on the socks or to brush his teeth with his non-dominant hand. And a funny thing – teach the kid to pick things with his toes.

You can be as inventive as you can, our purpose is to make kids move more and for them to do that I think is important to have an example and to have fun during the process. You can also encourage the kids to have free dancing or movement moments.



And a short personal story: I remember that I was a little girl when my father told me that it would be good for me to stay in “mapu” position whenever I brush my teeth. I’m still doing that. A few years ago, I understood that he was using the anchoring technique from NLP.

4. EduFit moves for pupils

We can use all the moves from pre-schoolers exactly as they are, or we can build on them by adding arms movement. And I will give you some examples, but I need to assure you that you can be creative.

Standing exercise

- Stand up on the tips of your toes and move your head – back and forwards; left – right
- Stand up on the tips of your toes/heels and move your hands – flap your arms up and down on your side or in front of you; shrug your shoulders back and forwards (one at a time or both); swing your arms backwards and forwards; rotate your arms (one at a time or both)
- Stand up and raise on the tips of your toes; stand up and stay on your heels and move your arms up and down.

Walking exercise

- Walk on your peaks/heels with the arms above the head
- Walk backwards with small/large steps while flapping your arms up and down
- Walk sideways to the right/left while flapping your arms up and down

Running exercises:

- Running with your knees to the chest and move your arms up and down above your head
- Running with your heels to your back while flapping your arms up and down

Balancing exercise:

- Stand on one leg and then change leg (count to 5 then change) while flapping your arms up and down
- Stand on the tips of your toes and walk with your hands above your head
- Jump on your both feet or on one foot while flapping your arms up and down

Circuit workout

- We can do with them more complicated circuits than with preschoolers, with more exercises included and we can add up on them with arms movement or with carrying something (i.e.: like an egg in a spoon).

Beside the fact that my role is to help you in introducing movement in daily life and in the learning process, and I’m talking here about that type of movement available to everyone, I must say that I think it is very important for all kids to do organized sports. Team sports teach them to cooperate, teamwork, to make decisions, to socialize and to make new connections.

[EduFit moves for schoolers](#)



Teenagers (age 12-18)

We are talking here about persons between 13-19 years old. The word teenager is often associated with adolescence, that hard period in our life when we are going through a lot of physical and mental changes. Besides that, they continue to sit down for a lot of hours at school. This is the period when sport can help them a lot and I'm talking here both physical and mental.

1. Age group characteristics

A lot of changes that appear in this period are similar to students and I will mention some of them below.

Physical characteristics

- Body shape changes
- Voice changes
- Increase in height
- Acquisition of muscle mass
- Distribution of body fat
- Development of secondary sexual characteristics

Mental characteristics:

- Search for self
- Increase pressure on themselves
- Increase decision making
- Increase arguments
- Emotional ups and downs

2. The importance of movement at this age

Being physically active every day is good for your pre-teen or teenage child because it improves the health of the hearth and the lung, and it boosts your child's immune system. It also develops strong muscles, bones, and good posture. Movement also helps prevent weight gain – which is a big problem for teenagers. If they are overweight, they can be depressive or even marginalized, aside the physical problems like high cholesterol or high blood pressure, problems with their joints etc.

Those are the most important physical benefits of movement at this age, but there are also mental benefits.

Because of this difficult period when they can feel down, stressed, and anxious, in my opinion the most important mental benefit of movement is reducing symptoms of anxiety and depression. But there are more, like increased self-esteem and body positivity, gain in confidence, critical thinking, and judgement skill, as well as increased cognitive function.



3. Social inclusion and connection through movement

Imagine how you would feel without social inclusion. Maybe lonely, isolated and with poor self-esteem? Without inclusion we can experience poor health both physical and mental. We can't even imagine how these teens are feeling.

They need to feel the same things as normal teenagers and that means we need to help them feel normal. And how can we do that? By offering them the chance to be included in social and team activities.

Sports teach us teamwork, caring and being kind, and respecting everyone and everything in our life. It can create the feeling of inclusion in society no matter the age, religion, ethnicity or whether you are able-bodied or not.

Also, through movement they re-learn to socialize face to face (a problem because we are living in a "screen era") and make real friends, they learn to solve and prevent conflicts and to connect with the others.

At this age, socialization is important to the development of personality and sport is important because it helps interacting with others, makes you tolerant and less self-reliant.

These skills that they can learn with movement help, like tolerance, being there for others, interacting, solve and prevent conflicts and so on, are so important afterwards in their life.

4. EduFit moves for teens

There are a lot of exercises than teens can do, and the experts recommend 60 min per day of moderate to vigorous aerobic activity (like dancing, running, biking) and a few minutes of strength training.

So, if you work with teens or have one of your own, strongly recommend them to move daily and to make movement breaks (for example 10 squats, 20 jumping jacks and 30 seconds of running with knees up or free movement/ dancing) at every hour.

My favourite kind of training for teens is the circuit workout because is fun and improves their mood, it makes them more present and they need to pay attention, it works on their memory. You can create any circuit you want, just be creative.

To the list of exercises, you can add squats, lunges, push-ups, planks, isometric exercise, and so on.

To capitalize on their competition drive, I also like to use challenges to make teens move more. For example, I give them one movement per day, and they need to do 4 series of 15 reps – this challenge lasts for 30 days. I also like to challenge them to be better and for example to increase each day the number of push-ups they can do with one more or to increase the time in plank position.

[Edufit moves for teens](#)

Adults (age 18-65)

Adult – a person who is fully grown up or developed.

1. Age group characteristics

Physical characteristics

- Physical maturation complete
- Early adulthood – physical abilities at their peak: muscle strength, cardiac functioning, lung capacity at its best
- Middle adulthood – weight gain, hair loss, visual and hearing loss, muscle may lose strength and tone

Mental characteristics

- Learning how complex feelings and emotions are and how to manage them more
- Recognizing our feelings and those of the people around us
- Developing ways to manage our feelings
- Internally motivated
- Maturity
- Self-confidence

2. The importance of movement and its benefit for adults

Why should we keep moving? Beside the fact that we can and we were built to move, we should move because of all its uncountable benefits. And for this age category, in my opinion, the most important benefit of movement is reducing mortality that comes packed together with all sort of causes determined by the lack of movement.

Another movement benefits:

- reduces cognitive decline
- reduces anxiety and depression
- improves sleep (and we all know that in this period we have sleep issues because of stress)

- regulates blood sugar
- helps maintain a healthy weight
- helps decrease the pain
- helps keep healthy joints and strong bones
- improves concentration and mental well-being
- helps socializing

So, movement is so important due to its benefits, and it is scientifically proven that being physically active leads to a healthier and happier life. So, let's move more, people!

3. Movement types available to everyone

There are a lot of things that we can do without having to go to the gym (in case we can afford it), so let's see some examples:

- Walking alone or in group (so we can socialize)
- Running
- Work in the backyard – grabbing the leaves, planting flowers, mow the lawn
- Toning workout at home (using YouTube videos for inspiration)
- Circuit workout at home (using YouTube videos for inspiration)
- Zumba workout at home (using YouTube videos for inspiration)
- Use the free fitness space in the park
- Dancing

And the list can continue, we just got to have the will.



4. Habits, anchors, body-mind-soul connection

All of us want a healthy lifestyle.

But what does it mean? For me, a healthy lifestyle is the about the attention that I give to movement and to exercise, nutrition, sleep, and socialization. And at the end it all sums up to habits and choices.

We can have habits since childhood (*like I have with the position in which I brush my teeth, see above*) or we can get them now or whenever we decide to. In order to create a habit, we have to repeat that action over and over again for more than 21 days (opinions are divided). According to a study from 2009, it takes between 18 and 254 days to form a new habit, but on average it takes 66 days.

Tip: Bad habits can also be replaced by good habits!

The process follows the same cycle and has the same duration as introducing a new habit in the daily routine.

Let's just give it a try!

Until the habit is installed, I suggest you sign a contract committing yourself to work out and put exercise appointments in your calendar, then start with a very easy movement (so easy that you can't say no) and most important, focus on the habit first, not on the results.


Another technique that I use is anchoring technique from NLP (Neuro-Linguistic Programming). How does it work? In our case we want to move more, so we will associate a movement to an activity that we want to do several times a day.

For example, after I gave birth, I've decided to make 10 squats every time I change a diaper. You can do 10 squats each time you go to the bathroom. Everyone is free to choose his own anchors and the movement they want to do. The important thing is to do it.

**Workshop insights: all participants told me that they will use the anchoring technique in order to move more because they think this is an easy and effective way to introduce more movement in their daily life.*

But for all of this to function we need to balance our body, mind, and soul – remember what we started from? And how can we do this? By making some activities that help us to connect with ourselves and with nature and here are some examples: meditation/guided meditation and yoga, avoid sitting for long periods of time, exercise at least 15 min a day, spend time in nature, get involved in volunteer activities, listen to music, get enough of sleep, go back to the little things, slow down and relax, avoid gossip, forgive yourself for your mistakes, read and learn, travel, be grateful and try mindfulness practice.

[EduFit moves for adults](#)



Seniors (age 65+)

People over the age of 65. That is how some dictionaries describe seniors. We are talking here about „the later part of life; the period of life after youth and middle age”, usually referred to as the period when the body enters a „declining” phase when physical and mental capacities may become less productive or sharp. The features that can define this part of life can cover many sensitive aspects, so I recommend that trainers study and understand as extensive as possible the people they are working with.

1. Age group characteristics

The distinguishing characteristics of old age are both physical and mental. But let's be more specific.

Physical characteristics of old age:

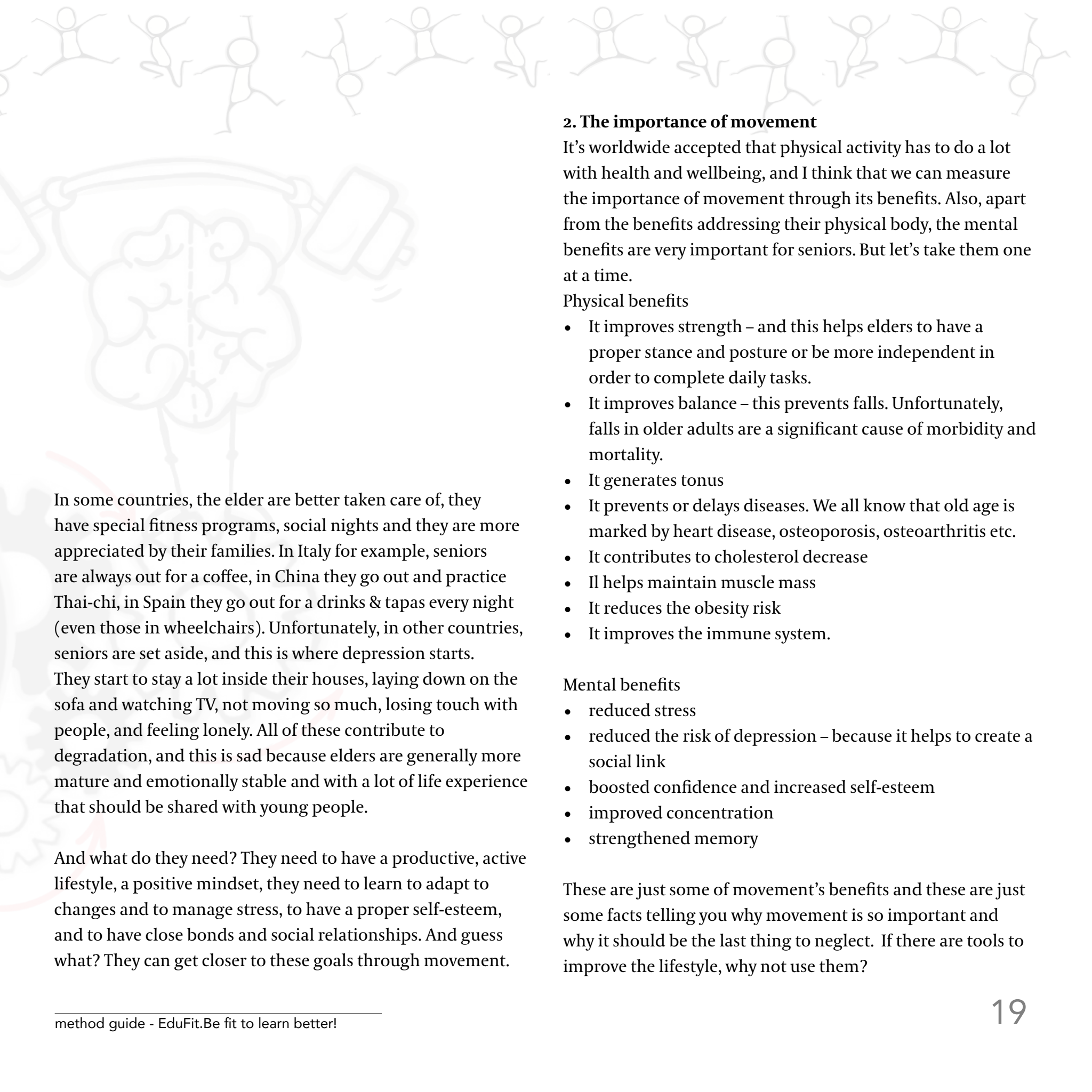
- Susceptibility to bone and joint diseases such as osteoarthritis and osteoporosis
- Some older persons have at least one chronic condition. The most common chronic conditions are hypertension and heart disease.

Old age can be also marked by digestive disorders

- Less efficient immune function
- Impairment in hearing
- In some cases, an uncontrollable shaking in a part of the upper body
- Mobility impairment or loss
- Wounds and injuries are more likely to leave permanent scars
- Skin loses its elasticity and becomes drier

Mental characteristics of old age:

- Depressed mood
- Increasing fear of health loss
- Reduced mental and cognitive ability. The most common problems - Memory loss and Alzheimer's disease
- Stubbornness – they prefer going through a routine they are familiar with
- Caution – they think they have more to lose and less to gain by taking risks



In some countries, the elder are better taken care of, they have special fitness programs, social nights and they are more appreciated by their families. In Italy for example, seniors are always out for a coffee, in China they go out and practice Thai-chi, in Spain they go out for a drinks & tapas every night (even those in wheelchairs). Unfortunately, in other countries, seniors are set aside, and this is where depression starts. They start to stay a lot inside their houses, laying down on the sofa and watching TV, not moving so much, losing touch with people, and feeling lonely. All of these contribute to degradation, and this is sad because elders are generally more mature and emotionally stable and with a lot of life experience that should be shared with young people.

And what do they need? They need to have a productive, active lifestyle, a positive mindset, they need to learn to adapt to changes and to manage stress, to have a proper self-esteem, and to have close bonds and social relationships. And guess what? They can get closer to these goals through movement.

2. The importance of movement

It's worldwide accepted that physical activity has to do a lot with health and wellbeing, and I think that we can measure the importance of movement through its benefits. Also, apart from the benefits addressing their physical body, the mental benefits are very important for seniors. But let's take them one at a time.

Physical benefits

- It improves strength – and this helps elders to have a proper stance and posture or be more independent in order to complete daily tasks.
- It improves balance – this prevents falls. Unfortunately, falls in older adults are a significant cause of morbidity and mortality.
- It generates tonus
- It prevents or delays diseases. We all know that old age is marked by heart disease, osteoporosis, osteoarthritis etc.
- It contributes to cholesterol decrease
- It helps maintain muscle mass
- It reduces the obesity risk
- It improves the immune system.

Mental benefits

- reduced stress
- reduced the risk of depression – because it helps to create a social link
- boosted confidence and increased self-esteem
- improved concentration
- strengthened memory

These are just some of movement's benefits and these are just some facts telling you why movement is so important and why it should be the last thing to neglect. If there are tools to improve the lifestyle, why not use them?



3. Connection through movement

It's very important for seniors to get out of their homes, to stay in contact with people of any age, to get for walks, and so on, especially for their mental health. There are some special programs for seniors, some of them organized by fitness instructors or kinetic practitioners, other organized by seniors themselves. And it doesn't even matter who is organizing everything, it only matters that seniors are part of an organised program that keeps them involved and preoccupied.

One of the benefits of those programs is socializing, because those are group programs. The active seniors are feeling less lonely because they are spending time with other people. If they decide to try seniors' fitness programs, they will meet similar people with similar concerns and conditions, and they will have common topics to speak about. If they decide to organize the meetings themselves, that is an opportunity for them to spend time with old friends or make new ones. So, no matter what they choose they will end up socializing and that will boost their self-esteem and will reduce the risk of depression.

4. EduFit moves for seniors

In my experience, I'm really glad if the seniors want and can participate in a senior fitness program, I'm even working at my aerobic classes with elder women and I'm very proud of them.

**What follows is a short story about one of my clients: She started to attend my classes when she retired. Before that she wasn't a sportsy person, but she told me that she needed something to fill up her time, something that will help her be healthier, both physically and mentally. 10 years have passed since then and she is still attending my classes. Her endurance and mobility are better than those of some of my 30 years old clients. She is happy and healthy; she has even made friends from the gym. So, all of her wishes from the beginning of her coming to my class have been fulfilled.*

This is just a glimpse into the benefits of any fitness program. I feel that my purpose here is to make movement available to everyone. So, I will write about what we can all do for our beloved seniors without being fitness instructors.

Let's start with walking.

We need to encourage seniors to walk more. They can go for a walk in a parc and socialize with friends or they can go shopping. And I strongly recommend you advise them to get out of their houses. Dementia and the Alzheimer's disease are more likely to appear if people are only staying inside and have nothing to focus on. So, here is a tip that you can use: tell them to divide their grocery list and to go every day to another shop to buy something (i.e.: *one day they can go to the bakery and buy their favourite bread, the other day they can go and buy fruits from a local shop and so on – this is how they can be out of their houses every day, see people and enjoy what they are doing*).

There are also different kinds of exercises they can do, with or without help, and I will show a part of them in the pictures below.

Unfortunately, not all seniors can move, but it is very important that movement is a part of their lives. And that's the case where they need help from us.

So, what can we do? There is active and passive mobilization, so there may be cases where they need to be helped to move:

„Mobilization
is a manual therapeutic technique
that fosters movement in
stagnant tissues and joints.“
- spine-health.com-

[EduFit moves for seniors](#)



Evaluation

Evaluation may highlight several different aspects regarding the behaviour and the perceptions of the categories involved – on one hand: teachers, youth workers, project coordinators etc. and on the other hand: children, young people, learners etc.

In terms of behaviour the following elements may be observed and recorded in a very simple table, as the one below:

- *general body posture*
- *general state of being and staying focused for a longer period of time*
- *attention*
- *flexibility*
- *social interactions*
- *self-confidence*
- *sleep*
- *other*

The list may be continued according to specific environments, age of the target groups, learning objectives etc.

The following table can be used and adapted.

NAME	Question	WEEK 1	WEEEEK 2	WEEK 3	WEEK 4
	Is s/he active in class?				
	How happy s/he looks/is?				
	Do you like to move during classes?				
	How do you feel?				

The first 2 lines will be filled by the teacher, coordinator, youth education and the last 2 lines will be filled by the person which is evaluated. They will response to each question with grades from 1 to 5, where 5 is the best.



Why should you use the EduFit method?

We should regard the movement as a free medicine; you know the saying: “if you think that wellness is expensive (in terms of time and money), try illness”.

The internet is full of details on the benefits of movement so I will not try to convince you by adding the same things, but if you need to feel better, to sleep better, maybe it’s a sign that you need to move more.

So how can EduFit help you?

The method shows how to go back to the simple things and how important it is to move more and to let movement cover a larger chunk of our lives. Movement support us in staying fit, both mentally and physically, in being healthier, more creative, less depressed and anxious, increases our self-esteem, decreases the risks of chronic diseases, and helps with the learning process.

EduFit promotes and supports the development of peer-based activities and of a collaborative, professional approach. Teachers and trainers can work together in developing programs including more physical activities, irrespective of their different backgrounds and experience. In schools, for instance, teachers can connect the subject they are teaching with different steps, breathing exercises or gestures.

The method was presented and was validated once more during Connector 6 by all participants.

They said that this method made them realize there are a lot of simple ways to stay active („*so simple that you can’t say no!*“). And I believe that the practitioners will support this, once they will decide to jump in!

How it can be used in E+/ESC context?

The method can be easily used both in Erasmus+ and in European Solidarity Corps contexts because:

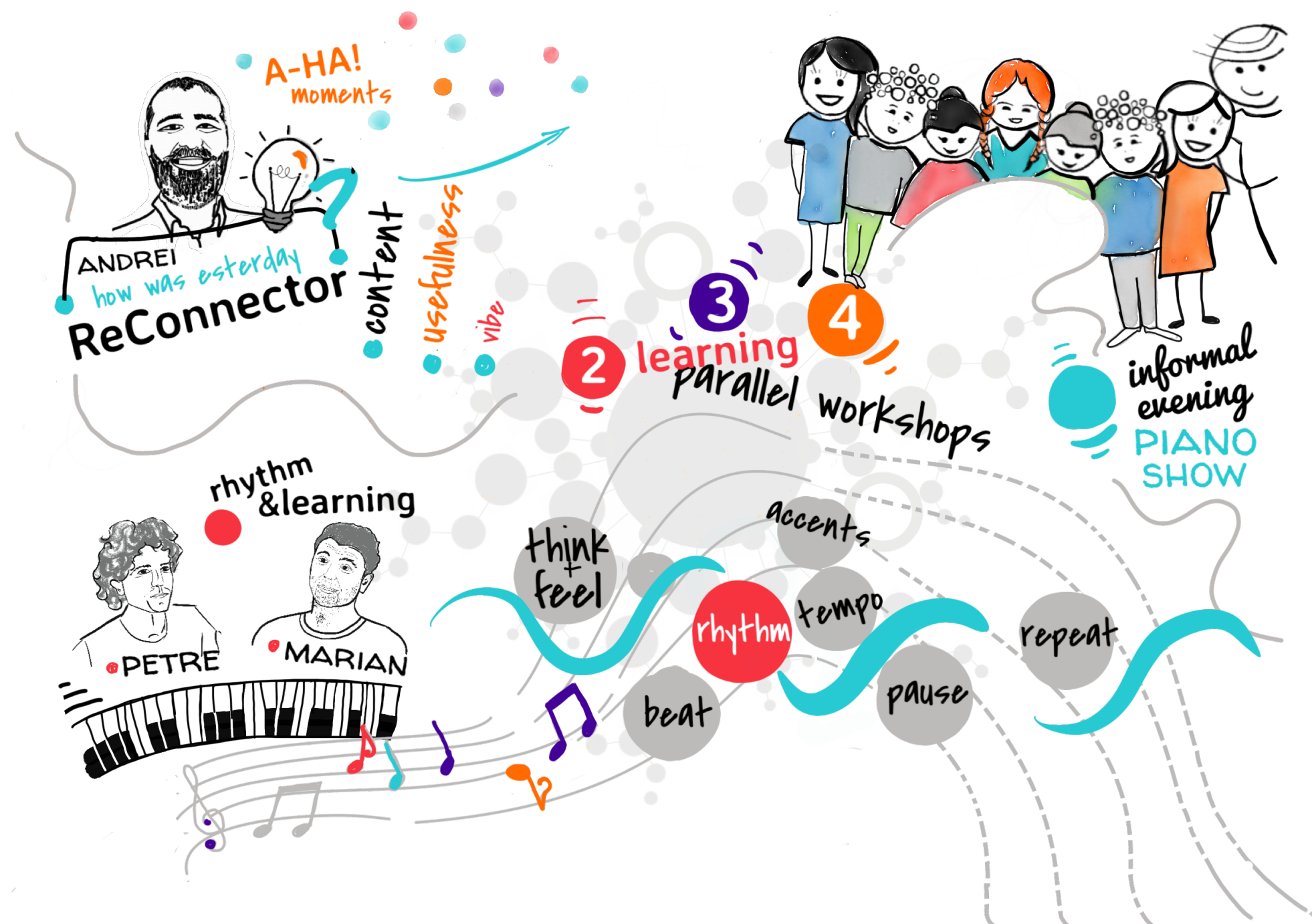
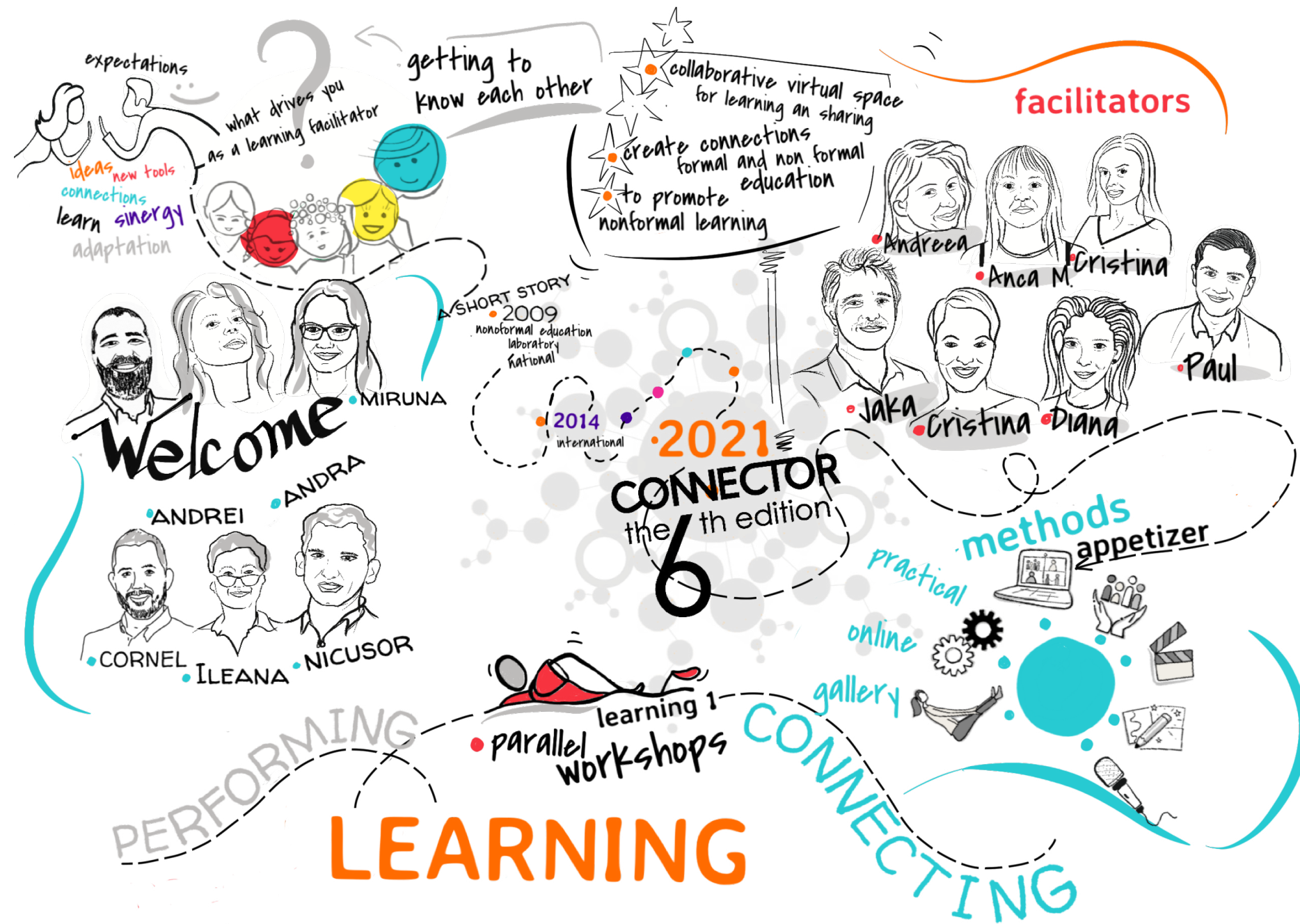
- it is a nonformal education method that can also support the formal learning process in school education;
- it can be easily introduced into any teaching moment, during the class;
- it can be adapted for different disciplines (even math for example - by counting the number of repetitions etc.);
- it can add to wellbeing in any formal or nonformal educational environment.



Communities of practice and resources

- The impact of PE and sports on education outcomes - <https://www.icsspe.org>
- Movement and Learning - <https://learningcenter.unc.edu>
- Values education through sports - <https://en.unesco.org>
- The Crucial Role of Recess in School - <https://publications.aap.org>
- A Handbook for Teaching Sports - <https://www.arvindguptatoys.com>
- Physical activity and social inclusion at school: a paradigm change - <http://efsupit.ro>
- Physical Activity Guidelines - <https://health.gov>
- Sport participation and positive development in older persons - <https://eurapa.biomedcentral.com>
- Benefits of physical activity - <https://www.cdc.gov>
- The mental health benefits of exercise - <https://www.helpguide.org>





DAY 1

Welcome day and connect to the world by non-formal digital learning. This first day was about: getting to know each other - *digitally, but equally interactive, participative and friendly* - finding out Connector's story, presenting the facilitators & methods, appetizer of the methods, ending with 7 parallel workshops about the Connector methods.

DAY 2

We started reconnecting together in the plenary. Special guests brought some rhythm & learning. And then, together with the facilitators, participants get back to discover Connector methods in the second learning session, dedicated to it. And we enjoyed a nice atmosphere, in the informal evening.

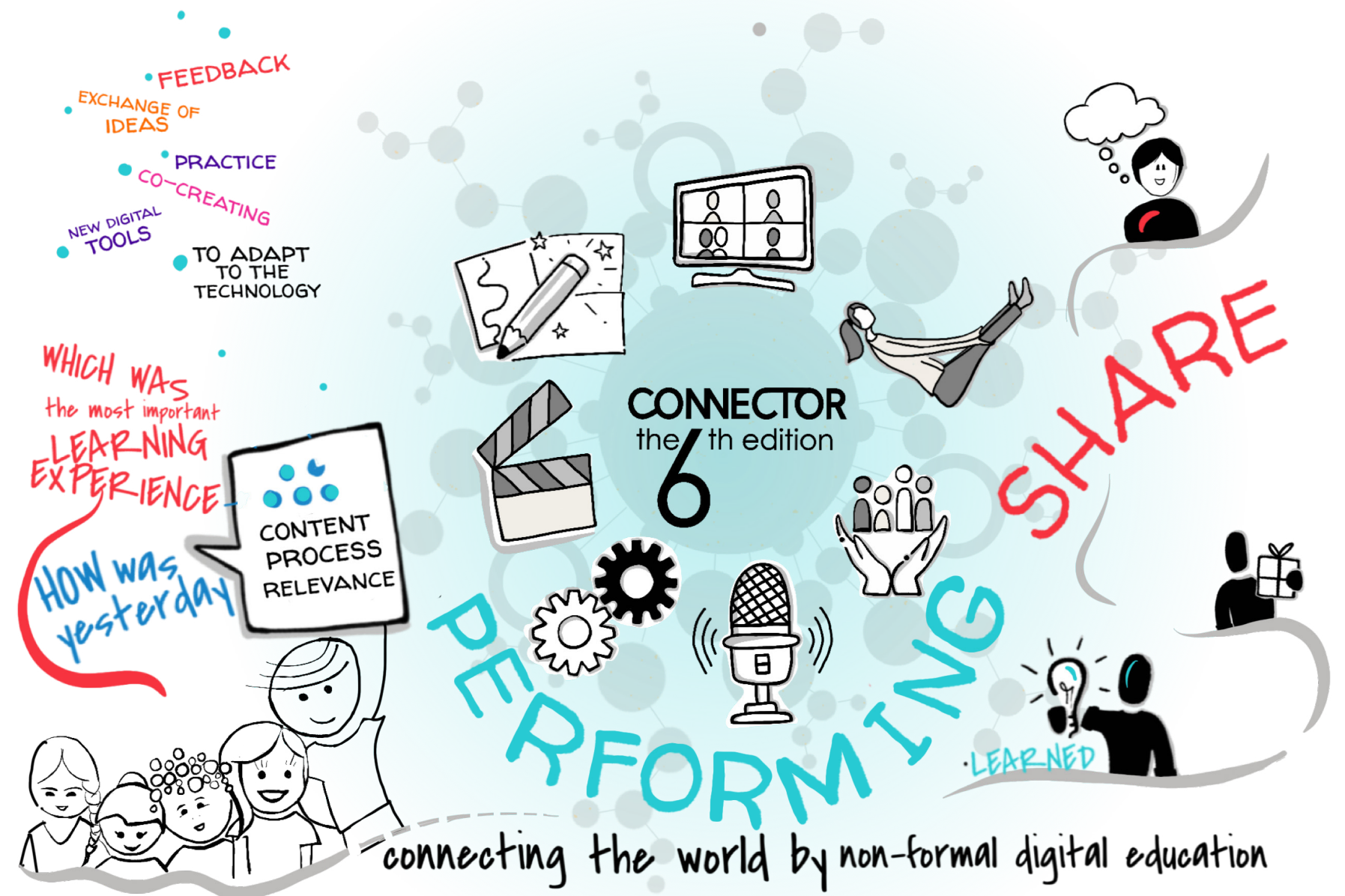


DAY 3

Reconnected some more in the plenary with a new special guest: this time exercising body and mind together for better learning. The 7 parallel workshops continued.

DAY 4

Connector 6.0's last day. The best way to start it: together! And since it was a sharing day, it was time to spread nonformal learning methods back to organisations and communities!





CONNECTOR

is an international event focused on nonformal learning
and organised every year by

ANPCDEFP

National Agency for Community Programmes in the field of Education and Vocational Training
(Romanian NA for European Solidarity Corps and Erasmus+)

www.anpcdefp.ro