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## Gemma raus!



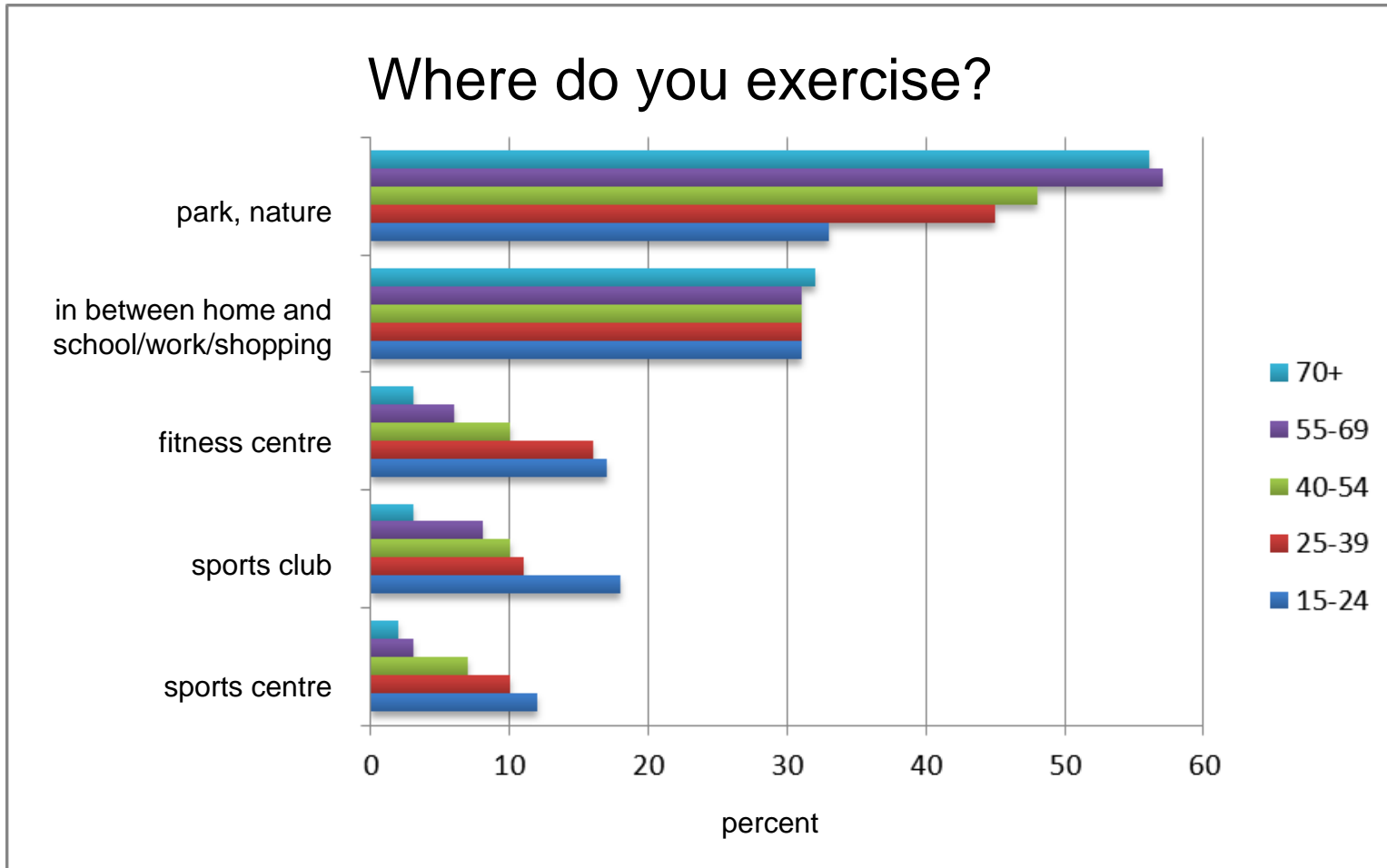
Health promoting low-threshold activities for elderly  
women and men in outdoor-activity-parks  
in Vienna

Funded by:





# Where do you exercise?



Austrian data: Eurobarometer 2009 (2010)



# Testing outdoor-activity-parks

4 outdoor-activity-parks with 3 different types of equipment



4 focus groups of elderly people

qualitative interviews, n = 40 (37 f, 3 m)

# Instruction in Rudolf-Bednar-Park

May 2011 Tuesday – Friday from 10.00 – 11.30 am

Students of the Master Programme in Sports Science



## Total number of participants :

63 persons – 60 women and 3 men (33 more than once)

including 14 disseminators

# Results

## 60+ adults in Viennese parks...

- appreciate new offers, but have difficulties with acquiring
- hardly use the existing equipment
- want to exercise, not to play
- have no role models for physical activity in parks
- appreciate socializing, instruction and being active in a group; the age of the instructor is irrelevant



# Results

## 60+ adults in Viennese parks...



- avoid use across the generations and have no experience in that field
- need a protective environment to exercise outdoors (area and persons)
- need lavatories, sunshade, drinking water, tables and benches





**Thank you!**

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