

# GLOBAL ACTIVE AGEING STANDARD®

International Standard for Holistic Support for People 40+

## Standard's Mission

The goal, the "Global Active Ageing Standard", is creating a uniform, measurable and practical system which supports healthy, active and dignified ageing in different cultures, countries and social conditions.

The standard combines into a coherent model:

science and medicine  
clinical practice  
training and physical rehabilitation  
public health  
psychology  
dietetics  
wellbeing  
lifestyle medicine  
personal and social development

to enable people 40+, 50+ and 60+:

- ✓ long
- ✓ independent
- ✓ safe
- ✓ conscious
- ✓ satisfying life

based on movement, relationships, health and a sense of meaning.

## Holistic perspective

The Global Active Ageing Standard® assumes the following:

Man is a unity of body, mind, emotions and relationships.  
Exercise is a tool for health – not an end in itself.

Support should be accessible, ethical and empathetic.  
Everyone has the right to a good quality of life – regardless of age.

## Program Structure

The standard consists of 11 program pillars + a certification module.

Each pillar includes 10 key substantive issues, which:

they educate  
support the practice  
develop awareness  
ensure safety

All educational, workshop and certification content was developed:

in cooperation with:

- ✓ medical experts
- ✓ physiotherapists
- ✓ trainers
- ✓ psychologists
- ✓ dietitians
- ✓ scientists
- ✓ active ageing practices

and public health and wellbeing specialists.

## International Standard – A Common Language of Values

This model was created to:

operated in various countries  
Take into account local conditions.  
maintained common quality criteria

We create a space where:

- ✓ science meets practice
- ✓ education meets people
- ✓ movement meets meaning
- ✓ the community becomes a support

## In the centre – man

Global Active Ageing Standard® promise:

subjectivity  
dignity

conscious choices  
joy of life

Active Ageing is not about the number of years but the quality of functioning and relationships.

## Professional qualification

### ACTIVE AGEING EXPERT

#### (Active Ageing Expert) – EQF Level 5

This is a professional qualification intended for people who have a minimum of 3 years of experience in the fitness industry and confirmed qualifications at least at EQF Level 3 (e.g. Gym & Fitness Instructor or Group Class Instructor).

#### Competency profile

An active ageing expert is a specialist prepared to conduct training:

- ✓ individual
- ✓ in small groups
- ✓ in large groups

for adults and seniors – from beginner to advanced level.

The expert has:

#### Knowledge

Active Ageing Expert has in-depth knowledge of:

- biological, functional and psychosocial ageing processes
- the Health-Related Fitness (HRF) concept and its application in practice
- exercise physiology in the elderly
- biomechanics and kinesiology of movement
- chronic diseases of the 21st century and their impact on the ability to exercise
- safety of physical exercise and contraindications to training
- methods for diagnosing the fitness and functionality of seniors
- functional, corrective and health-promoting training
- prevention of falls and injuries
- principles of nutrition, regeneration and a lifestyle that supports longevity
- basics of the psychology of motivation and communication with mature people

- the importance of physical activity in the prevention and treatment of adult diseases
- interdisciplinary cooperation in health care
- ethical and legal aspects of working with people over 50

## Skills

Active Ageing Expert is able to do:

- Individualise training programmes based on functional diagnosis.
- Adjust the intensity, volume and form of exercise to your age and health condition.
- Correct movement patterns and teach proper exercise technique.
- conduct training for people with health limitations and musculoskeletal dysfunctions
- Use methods to prevent injuries and falls.
- Modify exercises depending on the participants' abilities.
- motivate and build lasting pro-health attitudes
- cooperate with doctors, physiotherapists, dietitians and pharmacists
- monitor progress and document work results
- conduct classes in a safe, understandable and engaging way
- create a friendly and supportive training environment
- educate customers about a healthy lifestyle
- respond to difficult and potentially health-threatening situations

## Professional and ethical standards

Active Ageing Expert is guided in his work by:

- the highest standards of professional ethics
- responsibility for the health and safety of participants
- respect, empathy and sensitivity to the needs of older people
- pro-social and educational attitude
- continuous professional development and improvement of competencies
- openness to interdisciplinary cooperation
- personal culture and high communication standards
- care for the well-being and subjectivity of the person under their care

## Training and certification process

To qualify as an Active Ageing Expert – EQF Level 5, the candidate must:

✓ complete training that includes at least:

- 120 hours of theory
- 30 hours of professional practice

- ✓ have qualifications
  - minimum EQF Level 3
  - additional specialisation recommended (e.g., physical rehabilitation, dietetics, wellness)
- ✓ pass the final exam:
  - theoretical knowledge test
  - assessment of practical competences

A detailed description of the practices can be found later in the document.

### Career opportunities

Holder of qualifications Active Ageing Expert – EQF Level 5 may lead to:

- ✓ personal training
- ✓ group classes
- ✓ exercise programmes in:
  - fitness clubs
  - senior centres
  - rehabilitation facilities
  - sanatoriums
  - cultural centres
  - public health programmes

and develop your career in the international market for health-promoting services.

This qualification is ideal for those who want to specialise in working with clients from the age of 40 to old age.

### Accreditation and Membership

Based on qualification documentation, REPs Poland issues international confirmation of competence.

Maintaining membership in REPs Poland requires the following:

- annual contribution fee
- obtaining a minimum of 20 CPD points in each subsequent year of membership
  - by participating in:

training

workshops

conferences

global development programmes

This is a world-class standard because:

- ✓ is based on science
- ✓ includes HRF
- ✓ includes prevention
- ✓ guarantees safety
- ✓ is measurable
- ✓ develops the trainer's social skills
- ✓ has clearly defined qualification levels
- ✓ has an international development path

## PILLAR 1

# ANATOMY, PHYSIOLOGY AND KINESIOLOGY OF AGEING

### Purpose of the module

Understanding how the human body changes with age and how these changes impact movement, health, fitness and quality of life.

The module is based on previously acquired knowledge in the field of anatomy and physiology (EQF Level 3) and expands it to include issues related to the ageing process – covering all body systems.

It is important to emphasise that some ageing processes begin before the age of 40. They are natural and irreversible, but they can be slowed down or sped up significantly—depending on lifestyle, physical activity, sleep quality, nutrition, stress and social environment.

This module is an introduction to the entire Global Active Ageing® programme and is the foundation of responsible work with adults and older people.

### Ageing of the organism in terms of human systems

Human anatomy comprises several key systems that work together to keep the body alive and functioning properly. Each of these systems naturally changes with age—a process we call physiological ageing.

The main body systems include:

- musculoskeletal system (bone, muscle, connective and fascial tissue)
- nervous system
- circulatory system (circulatory and lymphatic)
- respiratory system
- digestive system
- hormonal (endocrine) system
- immune system
- genitourinary system
- common integument (skin and appendages)

Each of these systems ages at a different rate, impacting performance, health, and quality of life. Active ageing's role is slowing down unfavourable changes and supporting the functioning of systems throughout adulthood.

## 1. Movement system

*(bones, muscles, tendons, ligaments, fascia)*

Age-related changes:

- decrease in bone mineral density (osteopenia/osteoporosis)
- decreased muscle mass and strength (sarcopenia)
- poorer elasticity of tendons and ligaments
- dehydration and stiffness of the fascia
- limited range of motion in joints
- slower rate of tissue regeneration

Importance of training:

- Strength training = the foundation of muscle and bone health
- mobility and stretching = fascia and joint health
- balance training = fall prevention

The movement continues functional independence.

## 2. Nervous system

Age-related changes:

- reduction in the number and quality of neural connections
- slowing of nerve conduction
- slower motor response
- decreased coordination

- impaired memory and concentration

Key concept: NEUROPLASTICITY

The brain learns throughout life.

Therefore, the following are recommended:

- ✓ learning new moves
- ✓ coordination tasks
- ✓ balance exercises
- ✓ group training (social contact)

### 3. Circulatory system

*(heart, blood vessels, lymphatic system)*

Age-related changes:

- increased vascular stiffness
- changes in myocardial contractility
- increased risk of hypertension and heart disease
- decrease in aerobic capacity

The role of physical activity:

- ✓ improvement of blood circulation
- ✓ increased performance
- ✓ reducing the risk of disease
- ✓ improved energy and well-being

Exercise is the highest level of prevention.

### 4. Respiratory system

Age-related changes:

- decreased lung elasticity
- decrease in respiratory volume
- faster onset of fatigue

The importance of breathing training:

- ✓ activation of the diaphragm
- ✓ improved oxygenation
- ✓ reduction of stress and muscle tension

## 5. Endocrine system and metabolism

Age-related changes:

- slowing down of metabolism
- decreased production of sex hormones
- greater tendency to accumulate fat tissue
- sleep rhythm disorders

What has the greatest impact?

- ✓ physical activity
- ✓ regeneration
- ✓ its
- ✓ stress reduction
- ✓ nutrition

## 6. Immune system

Phenomenon: immunosenescence

i.e., ageing of immunity.

Consequences:

- greater susceptibility to infections
- slower healing
- more severe inflammation (so-called "inflammaging")

Immunity support:

- ✓ movement
- ✓ its
- ✓ intestinal microbiota
- ✓ stress reduction

## 7. Digestive system

Age-related changes:

- slower digestion
- less enzyme production
- malabsorption
- changes in intestinal microbiota

Importance of lifestyle:

- ✓ fibre
- ✓ hydration
- ✓ movement
- ✓ calm eating

## 8. Genitourinary system

Changes may include:

- loss of pelvic floor muscle tone
- hormonal disorders
- urinary incontinence
- decreased quality of life

Therefore, the following are important:

- ✓ pelvic floor exercises
- ✓ body awareness
- ✓ education

## 9. Common coating – skin

Changes:

- decrease in elasticity
- slower regeneration
- greater sensitivity to injuries

The movement supports blood supply and oxygenation of tissues.

Key processes common to all systems

## Neuroplasticity

New stimuli = brain development

Lack of stimuli = regression of functions

That's why we use:

- ✓ variety of movement
- ✓ elements of science
- ✓ group work

## Chronic Pain Facts

- pain ≠ always damage
- the causes may be:

- mechanical
- metabolic
- emotional
- neurological

Movement is very often part of therapy.

The most important:

- ✓ education
- ✓ security
- ✓ cooperation with medicine

Exercise as a prevention of biological ageing

It has been proven that physical activity:

- ✓ slows down ageing
- ✓ reduces mortality
- ✓ improves the quality of life
- ✓ supports independence

Movement is:

- lek
- prevention
- social integration

Functional kinesiology in working with seniors

WE FOCUS ON MOVEMENT THAT PREPARES FOR LIFE:

- ✓ getting up
- ✓ walking
- ✓ bending
- ✓ lifting
- ✓ balance

The efficiency, autonomy, and quality of life.

Psychological and social dimensions

Active Ageing also includes:

- ✓ mental health
- ✓ insulation reduction
- ✓ building self-confidence

- ✓ health education
- ✓ interdisciplinary cooperation
- ✓ respect for individuality

## SUMMARY - PILLAR 1

This pillar is the foundation of work with adults and older people – it connects anatomical, physiological, psychological and social aspects of ageing.

It's not just training.  
To lifestyle at every stage of adulthood.

## PILLAR 2

### REHABILITATION, MEDICINE AND AGEING SCIENCE

Purpose of the module

An introduction to the latest evidence-based knowledge about healthy ageing—from a medical, rehabilitation, and social perspective.

This module expands the perspective to include:

- different countries and healthcare systems
- cultural differences
- different models of working with seniors

The programme has a global character; therefore, it is extremely important to invite experts from all over the world to cooperate: doctors, physiotherapists, scientists, dietitians, psychologists, movement educators and trainers.

The goal is combining knowledge – not competing approaches.

21st-century lifestyle diseases

- arterial hypertension
- type 2 diabetes
- obesity
- depression and anxiety disorders
- cardiovascular diseases
- chronic stress
- immobility and a sedentary lifestyle

Common features:

- ✓ develop slowly

- ✓ are chronic in nature
- ✓ are strongly related to lifestyle

Therefore, the movement becomes a key element of therapy and prevention.

## Longevity Science

- difference between
  - life expectancy
  - quality of life (healthspan)
- research on cell ageing
- the influence of lifestyle, environment and genes
- Factors that prolong health:
  - physical activity
  - social relations
  - its
  - diet
  - meaning and purpose in life

## Lifestyle Medicine

Based on pillars:

- movement
- nutrition
- its
- sanity
- relationships
- stress-recovery balance

Its purpose is:

- ✓ treatment of causes
- ✓ strengthening the patient
- ✓ active role of the elderly person in recovery

The trainer, instructor and physiotherapist become health educators—within the limits of their competence.

## Physical rehabilitation

- the difference between therapy and training
- the role of physiotherapy in ageing
- the importance of kinesiotherapy
- activity as a process of returning to function

- Important:  
interdisciplinary cooperation  
communication with a doctor  
customer safety

The senior is NOT "fragile" – he is diverse.

### Osteoporosis – prevention and training

- decrease in bone density
- increased risk of fractures
- the importance of mechanical loading

Most effective:

- ✓ strength training
- ✓ walking, jumping (if there are no contraindications)
- ✓ balance
- ✓ fall prevention

The key is:

individual adjustment  
education  
avoiding the fear of movement

### Cardiovascular diseases

- hypertension
- atherosclerosis
- coronary artery disease
- heart failure

The role of movement:

- ✓ lowers blood pressure
- ✓ improves performance
- ✓ stabilises emotions
- ✓ improves sleep quality

Movement is supportive therapy – within safe limits.

### Respiratory diseases

- COPD
- asthma
- decreased exercise tolerance

Key tools:

- ✓ breathing training
- ✓ strengthening of the expiratory muscles
- ✓ building performance step by step

The most important:

Do not force it.

Take care of your breathing technique, reduce stress.

## Neurology of Ageing

- Parkinson's disease
- dementia
- Alzheimer's
- balance disorders

But also:

- brain plasticity
- ability to learn throughout life

The movement supports:

- ✓ memory
- ✓ concentration
- ✓ spatial orientation
- ✓ emotions

Therefore, training = also brain training.

## Immunosenescence – immunity in adulthood

Ageing affects:

- functioning of the immune system
- susceptibility to infections
- regenerative capacity

What strengthens immunity?

- ✓ moderate physical activity
- ✓ its
- ✓ social relations
- ✓ nutrition
- ✓ stress reduction

Social isolation weakens immunity.

## Holistic Medical Systems – East and West

The programme is global in nature and therefore includes the following:

- Western medicine — evidence-based
- traditional systems:
  - Ayurveda
  - traditional Chinese medicine
  - naturopathy
  - integrative medicine

The goal is:

- ✓ understanding different perspectives
- ✓ building bridges
- ✓ respect for culture and experiences

The most important:

safety, ethics and critical thinking.

## A GLOBAL PERSPECTIVE ON ACTIVE AGEING

The programme assumes international cooperation:

doctors

physiotherapists

coaches

scientists

educators

and takes into account:

- ✓ social differences
- ✓ access to healthcare
- ✓ economic conditions
- ✓ influence of culture

Being is not the same in every country.

## PILLAR 2 Summary

This module combines:

learning

empathy

cooperation

Creating the foundation for a responsible, safe and modern approach to healthy ageing.

Global Active Ageing® is a space where:

- ✓ medicine
- ✓ rehabilitation
- ✓ movement education

— they work together for the good of man.

## PILLAR 3

# HEALTH & WELLBEING AND ACTIVE AGEING® TRAINER PREPARATION

Purpose of the module

Standardisation of coaching competencies and building a professional role as Trenera Active Ageing®—as a health educator, movement guide and partner in supporting the quality of life of adults and seniors.

This module includes:

- ethical competences
- communication
- substantive
- emotional
- social

So that the trainer can work consciously, safely and with respect for people.

Ethical standard

The Active Ageing® Trainer works according to the principles of:

- ✓ respect for the person and their decisions
- ✓ confidentiality
- ✓ communication honesty
- ✓ working within the limits of competence
- ✓ transparency of cooperation
- ✓ no therapeutic promises beyond qualification

Senior, not "patient", but partner in the health process.

Ethics also includes:

- positive and empowering language
- no judgement on appearance

- no pressure
- full consent of the client to act

## Communication and relationships

Relationship is the foundation.

The trainer learns:

- active listening
- empathetic communication
- asking the right questions
- motivating without exerting pressure
- creating a safe atmosphere

Key elements:

trust

sense of security

respect

Social relationship in training:

- ✓ reduces stress
- ✓ supports the psyche
- ✓ improves motivation
- ✓ reduces loneliness

## Safety and responsibility

An Active Ageing® Trainer knows and uses:

- rules for qualification for training
- medical red flags
- belaying rules
- load adjustment
- exercise modifications

Responsibility also means the following:

conscious referral to a doctor or physiotherapist

taking care of documentation

continuous improvement of qualifications

The senior should feel:

safely – physically and emotionally.

## Functional and health assessment

The purpose of the assessment is the following:

- ✓ understanding the functions
- ✓ movement selection
- ✓ progress monitoring

We don't judge "aesthetics" – we judge:

- code
- balance
- functional strength
- mobility
- stability
- coordination
- breath
- quality of life

The rating is:

simple

legible

practical

And it constitutes the foundation of individualised training.

Training planning

The trainer learns to create a programme:

- ✓ safe
- ✓ effective
- ✓ functional
- ✓ tailored to the client's goal

We take into account:

- fitness level
- health restrictions
- lifestyle
- emotional needs
- social environment

Training Active Ageing® to:

force

balance

coordination

breath

the joy of movement

The one:  
independence and quality of life.

Wellness as a process

Wellbeing includes:

body  
mind  
relationships  
the meaning of life

The trainer supports:

- sense of agency
- regularity
- healthy habits
- contact with people
- the joy of movement

To road, not a 4-week project.

Interdisciplinary work

Active Ageing® Trainer works with:

- ✓ doctors
- ✓ physiotherapists
- ✓ psychologists
- ✓ dietitians
- ✓ educators

Principle:

Everyone does what they are competent to do. Collaboration = customer safety.

Burnout Prevention

We also take care of the coach.

Because a good trainer:

- has healthy boundaries
- takes care of himself
- regenerates
- develops competences
- works in harmony with each other

We prevent:  
emotional overload  
responsibility beyond strength  
work at the expense of health

Trainer well-being = quality of work.

Health education

An Active Ageing® trainer is also an educator.

Teaches:

- ✓ conscious movement
- ✓ safe activity
- ✓ importance of regeneration
- ✓ healthy habits
- ✓ perceiving ageing as a natural process

Message:

"You can actively take care of yourself—no matter your age."

A holistic approach to the 60+ client

Senior is not only:

age

PESEL

list of diseases

To:

history

experience

values

social roles

Therefore, the trainer takes into account:

- body
- psyche
- relationships
- living environment
- personal goals
- sense of purpose

Active Ageing® is a programme for humans — not for "health cases".

PILLAR 3 Summary

This pillar creates Active Ageing® Trainer quality standards.

Connects:

knowledge  
relationship  
empathy  
security

So that working with a person 60+ is:

- ✓ professional
- ✓ ethical
- ✓ effective
- ✓ respectful

## PILLAR 4

### MENTAL HEALTH AND LONGEVITY

Purpose of the module

Promoting mental health, emotional balance and well-being during ageing – taking into account individual differences, life experiences, and cultural and social factors.

Mental health is not merely the absence of disease.

It also:

- ✓ quality of relationships
- ✓ sense of purpose
- ✓ coping with stress
- ✓ sense of belonging
- ✓ independence and agency

This module teaches you how a trainer and movement educator can support these areas – within the limits of its competences.

#### Psychology of ageing

The ageing process includes:

- biological changes
- social changes (roles, relationships)
- emotional changes
- change of identity

A senior may experience:

- ✓ job loss

- ✓ reduced social activity
- ✓ loss of loved ones
- ✓ reduced sense of importance

Therefore, it is crucial:  
accepting approach  
empathy  
understanding psychological changes

At the same time, many older people:  
develops emotional maturity  
manages stress better  
appreciates relationships and the simplicity of life. This has enormous potential.

### Motivation after 60

Motivation at this age is different from that of young people:

doesn't work:  
pressure  
comparisons  
aesthetic purposes

works:  
✓ sense of purpose  
✓ health and independence  
✓ social relations  
✓ the pleasure of movement  
✓ group support

The trainer learns:

- work on functional goals
- strengthen agency
- build a positive narrative about ageing

### Depression – Recognition and Support

In older people, depression can be:  
confused with "ageing"  
masked  
passed over in silence

Symptoms may include:

- lack of energy

- withdrawal
- sleep problems
- sadness, resignation
- memory impairment
- no sense

The role of the trainer:

notice

support

Don't diagnose.

refer to a specialist

Movement and Community — support therapy, but they do not replace it.

## Loneliness and isolation

Loneliness is one of the biggest risk factors:

depression

dementia

heart disease

reduced immunity

That's why the Active Ageing® programme:

- ✓ creates community
- ✓ encourages meetings
- ✓ builds relationships
- ✓ supports integration

Each group is a micro-community of support.

## Cognitive functions and brain training

Ageing affects:

- working memory
- processing speed
- attention
- spatial orientation

However, the brain:

can develop throughout life

That's why we use the following in the program:

- ✓ movement exercises with mental tasks
- ✓ coordination

- ✓ learning new movements
- ✓ movement games
- ✓ elements of rhythm and music

Movement + mental challenge =  
the best brain training.

## Neuroplasticity

It is the brain's ability to:

- creating new connections
- reorganisation
- adaptation

She is supported by:

- ✓ curiosity
- ✓ science
- ✓ movement
- ✓ relationships
- ✓ emotions

It is inhibited by:  
lack of incentives  
insulation  
chronic stress

Dlatego trening Active Ageing® to:  
dynamic, creative stimulus environment

## The power of community

One of the strongest factors in longevity is:

social affiliation

The community gives:  
emotional support  
conversation  
sense of importance  
mutual motivation

The trainer plays the role of:  
leader  
organiser  
a person integrating the group

It's more than just a training session – it's a meeting place.

## Mindfulness and meditation

Mindfulness and meditation support:

- ✓ stress reduction
- ✓ emotion regulation
- ✓ better sleep
- ✓ sense of peace
- ✓ body awareness

They may take the form of:

- simple breathing exercises
- mindful movement
- short moments of stopping

Practice always:

no grades

in accordance with the client's beliefs

Language and narrative as support for change

Words have power.

We avoid:

"old man"

"You shouldn't anymore."

"At this age it's normal."

We build:

- ✓ a positive narrative about ageing
- ✓ strengthening communication
- ✓ sense of influence

Coach = creator of a safe communication space.

Sense of meaning and quality of life

Research shows that:

A sense of purpose prolongs life.

gives mental resilience

supports physical health

Seniors need:

- purpose
- meanings
- being needed
- agency

The movement becomes:  
a tool for an active, conscious life – not an end in itself.

## GLOBAL PERSPECTIVE

In different countries:  
values  
religion  
lifestyle  
social structure

— they affect the psyche differently as we age.

Therefore, the programme:  
✓ is culturally open  
✓ takes into account differences  
✓ does not impose one model

The most important:  
respect for man and his history.

## PILLAR 4 Summary

This module combines:

psychology  
emotions  
relationships  
personal development  
community

By creating a space where a person over 60 can:  
✓ feel important  
✓ develop  
✓ take care of yourself  
✓ live with meaning  
✓ experience joy and peace

BoLongevity is not just about the number of years – but the quality of life.

## PILLAR 5

### INDIVIDUAL TRAINING AND NEW TECHNOLOGIES

Purpose of the module

Ensuring safe, effective and empathetic work 1:1 with an adult and an older person, taking into account her health, goals, limitations and functional capabilities.

Individual work:

- ✓ gives a greater sense of security
- ✓ enables faster adaptation
- ✓ allows you to select exercises more precisely
- ✓ enables health education in practice

Simultaneously, individual training is not a "luxury for the rich".

The Global Active Ageing® programme assumes:

availability  
educational cooperation  
involvement of students and interns

Therefore, the following may be included in the cooperation:

- ✓ sports students
- ✓ Personal trainer course participants
- ✓ participants specialising in working with seniors
- ✓ volunteers and interns – under the supervision of educators

To:

supports the community  
develops the competencies of young trainers  
increases access to physical care

First session with a senior

The first meeting is the foundation of the relationship.

Includes:

- health and functional interview
- discussion of goals
- education on the role of movement

- assessment of posture and function
- simple and safe tests
- establishing the principles of cooperation

The most important:

empathy

No rush.

sense of security

The customer should leave with the conviction that:

"I'm in good hands."

Intensity selection

When working with seniors, the following rule applies:

"safely - adequately - progressively"

We take into account:

- pulse
- breath
- body's reaction
- Perceived exertion (RPE)
- health condition
- training level

Better and smarter:

increase the load gradually rather than overloading at the start

Preventive training

The goal is:

- ✓ maintaining fitness
- ✓ reducing the risk of injury
- ✓ fall prevention
- ✓ disease prevention

The training includes:

strength

balance

efficiency

coordination  
breath

It's an investment in functional independence.

## Stability and balance

It gets worse with age:

- deep feeling
- traffic control
- postural reaction

Therefore, training:

- ✓ strengthens stabilising muscles
- ✓ works on many levels
- ✓ introduces reactive exercises
- ✓ teaches safe strategies for balancing

The goal is:

fall prevention  
greater certainty of movement

## Mobility and flexibility

Ageing = greater stiffness.

We care about:

- range of motion in joints
- tissue elasticity
- fascia work
- fluidity of movement

We use:

active movement  
mobilisations  
dynamic forms of work

The one:

free movement in everyday life

Electrostimulation – EMS standard

EMS can be:

- ✓ training support
- ✓ a tool for activating the musculoskeletal system
- ✓ an element of exercise therapy – if there are no contraindications

The standard includes:

- safety rules
- selection of parameters
- customer qualification
- medical contraindications
- ethics of use

The trainer must:

know the limits of competence  
cooperate with physiotherapists

Regeneration

Senior regenerates slower.

That's why we teach:

- microcycle planning
- effort-rest balance
- the role of a dream
- control stress
- gentle forms of exercise

Regeneration = training element  
Not a "reward after".

Breath and relaxation

Breath:

regulates emotions  
affects the heart  
improves concentration  
supports sleep

Coach:

- ✓ teaches how to work with the diaphragm
- ✓ introduces relaxation techniques
- ✓ connects breathing with movement

This is an important tool in longevity.

## Home training

Not every senior trains in a club.

The programme includes:

home training

outdoor training

using simple tools and equipment (including those at home, such as a chair and water bottles)

The goal is:

availability

continuity

practicality

Because movement should be present in life – not only in the training room.

## Measuring progress

Monitoring gives you:

motivation

security

sense of purpose

We measure, among others:

- functional strength
- balance
- code
- mobility
- well-being
- quality of life

Important:

We discuss the results in a positive and empowering way.

NEW TECHNOLOGIES IN ACTIVE AGEING®

The programme enables:

activity monitoring applications  
smartwatches  
online training  
cognitive training tools  
systemy EMS  
educational platforms

The technology is:

support  
does not replace a human being

The most important:

- ✓ simplicity
- ✓ security
- ✓ availability
- ✓ user-friendly

## EDUCATIONAL PARTNERSHIP – STUDENTS & INTERNS

This is a huge value of the programme.

We can engage.

students of the University of Physical Education  
participants of training courses  
specialists undergoing certification

Under:

supervision  
ethical standards  
training programme

Benefits:

The senior has support.  
The student gains practice.  
The programme is growing globally.

## PILLAR 5 Summary

This module creates a high standard of individual work with seniors, based on:

safety  
knowledge  
empathy  
smart technology  
educational cooperation

So that the activity is:

- ✓ available
- ✓ effective
- ✓ modern
- ✓ human-friendly

## PILLAR 6

### TRAINING IN SMALL GROUPS – SPECIALISED FORMS

Purpose of the module

The use of safe, proven and functional training methods in small groups, with adults and seniors in mind – with varying levels of fitness and health.

Small groups provide the following:

- ✓ greater security control
- ✓ possibility of individualisation
- ✓ social support
- ✓ motivating atmosphere

This is one of the most effective forms of Active Ageing®.

#### TRX, Suspension Training

Working with body weight:

- exercises scalable for every level
- working on stability, balance and strength
- the possibility of reducing or increasing traffic load
- improved body control and postural awareness

Key elements:

grip safety  
stable starting position

slow pace  
modifications for restrictions

TRX and other small training equipment are tools — the instructor is responsible for the quality of movement.

## Kettlebell

Kettlebell is not just about "swinging".

When working with seniors:

- builds functional strength
- improves grip
- supports trunk stabilisation
- teaches the economy of movement

Priorities:

- ✓ technique
- ✓ control
- ✓ simplicity of patterns
- ✓ step-by-step progression

Not every senior will perform dynamic forms — but many of them can safely work with a load.

## Pilates

Pilates supports:

breath  
stabilisation  
deep muscle control  
body awareness

Benefits:

- ✓ better posture
- ✓ lower voltages
- ✓ improvement of motor function

Pilates is perfect for:

in pain prevention  
in gentle training  
in the reconstruction of body sensation

## Yoga

Yoga is:

mobility  
breath  
mindfulness  
community

For seniors:

- ✓ improves flexibility
- ✓ supports balance
- ✓ has a calming effect
- ✓ develops body awareness

The key is:

adjusting position  
avoiding pain  
lack of competition  
acceptance of the pace

## BOSU

BOSU supports:

balance  
coordination  
stabilisation

The work is carried out:

- in a safe space
- with insurance
- in simple forms
- with progression from stable substrates

The one:

reducing the risk of falls in everyday life.

## Functional training

That is:

movement for life – not for "result".

Includes:

- getting up
- lifting
- transfer
- rotations
- code
- reaching
- bending and straightening

The movement is to be:

- ✓ natural
- ✓ safe
- ✓ useful
- ✓ integrated

Adaptations for constraints

In each group there are:

- different fitness levels
- various diseases
- different experiences

Therefore, the instructor learns:

position modification  
exercise swaps  
pain-free work  
belaying

Each participant:

works at his level  
I feel welcome.  
has a sense of success

Exercise for people with pain

Chronic pain:

- does not mean "traffic ban"
- requires caution and education
- often decreases with proper training

Instructor:

supports  
encourages  
does not diagnose  
cooperates with a physiotherapist

The most important:

safe range of motion + no pressure.

The role of the instructor

The instructor in a small group is:

movement guide  
emotional support  
community leader  
a person who cares about safety

His tasks:

- ✓ observe
- ✓ correct gently
- ✓ motivate
- ✓ create a good atmosphere
- ✓ respect the boundaries of participants

Instruktor Active Ageing® = health and quality of life educator.

Relationships and Community

Small groups build:

conversation  
friendships  
support  
membership

For many participants, this is:

the only regular meeting of the week  
the greatest motivation  
a space where someone is waiting for them

To an element of social therapy—without formal therapy.

PILLAR 6 Summary

This pillar shows how to lead safe, modern and friendly training in small groups, based on:

security  
knowledge  
relationships  
functionality  
openness to different methods

So that every person 60+ can:

- ✓ Move with joy.
- ✓ feel part of a community
- ✓ Develop your capabilities.
- ✓ take care of your health in a safe way

## PILLAR 7

### LARGE GROUP TRAINING AND COMMUNITY

Purpose of the module

Building an active lifestyle through group training, community and movement culture so that physical activity is a natural part of everyday life – accessible, joyful and social.

In large groups the most important things are:

- ✓ security
- ✓ clear structure of classes
- ✓ simple communication
- ✓ integration of participants
- ✓ sense of belonging

Movement ceases to be "training" – it becomes lifestyle and meeting people.

#### Nordic Walking

One of the safest and most accessible forms of activity.

Benefits:

strengthens the legs  
improves performance  
supports circulation

engages the whole body  
integrates socially

Important elements:

- ✓ selection of poles
- ✓ learning technology
- ✓ pace adapted to the group
- ✓ rest breaks

Perfect for:

beginners  
overweight people  
people with joint pain  
people over 60

Walking and trekking

The most natural form of movement.

The:

improved performance  
contact with nature  
building relationships  
stress reduction

Possible levels:

- city walks
- landscape walks
- trekking in easy terrain

The instructor takes care of:

route availability  
walking pace  
irrigation  
surface safety

Endurance for seniors

Endurance is the ability to exert yourself for longer periods without excessive fatigue.

Forms:

march  
rower  
trekking  
recreational swimming

The:

- ✓ heart health
- ✓ better exercise tolerance
- ✓ more energy every day
- ✓ mood improvement

Rules:

moderate intensity  
constant progression  
No pressure.  
regularity

## Cycling

A great form of exercise – especially recreational.

Benefits:

joint relief  
improved performance  
coordination work  
the pleasure of movement

Options:

- city bike
- electric bike
- exercise bike

Security:

birch  
peaceful routes  
good road conditions

## Recreational jogging

Not for everyone – but for many, yes.

The goal is:

free-form jogging  
the joy of movement  
heart support

Rules:

- ✓ no competition
- ✓ gentle progression
- ✓ respect for the body
- ✓ no pain

The option is always:

marsupial

Outdoor training

Outdoor exercise:

reduces stress  
improves mood  
builds community

Forms:

- simple functional exercises
- warm-up before marching
- balance exercises
- games and active play

The most important:

- ✓ security
- ✓ joy
- ✓ level adjustment

Group meditation

Simple, gentle form:

relaxation  
silence  
breathing work

Maybe:

- sitting

- in motion
- in the form of relaxation

The one:

emotional balance  
voltage reduction  
a sense of peace

No grades. No pressure.

Social Fitness

To:

music  
game  
simply choreography  
integration

Builds:

- ✓ bonds
- ✓ motivation
- ✓ joy

It's not a scene – it's a common movement space.

Security

In large groups:

The most important things are procedures.

Instructor:

- selects the intensity
- shows modifications
- encourages you to listen to your body
- takes care of warming up and cooling down
- observes the participants
- avoids competition

The goal is:

no overloads  
No pressure.  
a sense of comfort

## Building senior clubs

This is the heart of the programme.

Clubs:

They operate locally.  
connect people  
They offer regular meetings.  
They organise events.  
they educate

They give:

emotional support  
sense of belonging  
constant activity

An instructor may be:

leader  
coordinator  
inspiration

This is how it is createdActive Ageing® Community.

## PILLAR 7 Summary

This module shows that the movement

- ✓ builds community
- ✓ gives joy
- ✓ supports health
- ✓ protects the psyche
- ✓ strengthens the sense of purpose

In large groups we create a culture of activity—where no one is alone.

**Active Ageing** is a lifestyle – not just a workout.

## PILLAR 8

# DIETETICS, SUPPLEMENTATION AND NATURAL THERAPY

Purpose of the module

Supporting healthy ageing through a conscious, safe and personalised approach to nutrition, supplementation and natural supportive methods, taking into account cultural differences and current scientific knowledge.

Module:

- ✓ dispels myths
- ✓ organises knowledge
- ✓ teaches critical thinking
- ✓ shows global longevity prospects

Key questions:

Is longevity just in genes?  
How do culture and environment affect health?  
Do fad diets actually help?  
What does science say?

Anti-ageing diet

Biological ageing can be slowed down, but not stopped.

Research shows that this is facilitated by:

a diet based on natural foods  
vegetables, fruits, whole grains  
healthy fats  
fish  
high antioxidant content

Key elements:

- ✓ regularity of meals
- ✓ moderate caloric content
- ✓ avoiding ultra-processed products
- ✓ balance - not restriction

Inspirations from long-lived countries (e.g., so-called blue zones):

simplicity  
shared meals

local food  
no dietary extremes

Immunity and intestines

Digestive system:

affects immunity  
communicates with the brain  
modulates inflammation

A healthy microbiota supports:

- ✓ energy
- ✓ mood
- ✓ metabolism

For seniors the following are important:

fibre  
fermented products  
irrigation  
antioxidants

We avoid:

extreme elimination diets without indications

Hormones and nutrition

Ageing is associated with hormonal changes:

- insulin
- leptyna
- ghrelin
- sex hormones
- cortisol

Nutrition can support:

- ✓ stable energy levels
- ✓ metabolism
- ✓ its
- ✓ mood

Therefore, the following are important:

balanced meals  
regularity  
reducing nutritional stress (“I have to”, “I can’t”)

### Nutritional errors

The most common are:

too little protein  
dehydration  
qualitative malnutrition  
too restrictive diets  
excess supplements  
the influence of advertising and fashion

Consequences:

weakness  
worse regeneration  
decreased immunity  
greater risk of falls

Our role is:

educate  
simplify  
support healthy choices

### Safe supplementation

Supplementation:

may be helpful  
but it can also be harmful.

The most important rules:

- ✓ consultation with a doctor/dietitian
- ✓ medication considerations
- ✓ avoiding "miracle remedies"

Often considered:

vitamin D  
omega-3  
vitamin B12  
probiotics

We do not promote:

supplements without foundation  
promises of "rejuvenation"

Phytotherapy

Medicinal plants can:

support digestion  
reduce stress  
support sleep

But:

may interact with medications  
They vary in quality.  
require prudence

Therefore, it is crucial:

security  
reliable knowledge

Ayurveda and natural medicine

In the Global Active Ageing® program:

- ✓ We respect different traditions.
- ✓ We look critically and with curiosity.
- ✓ We look for common values:

balance  
daily rhythm  
mindful eating  
holistic approach

We emphasise:

ethics  
culture  
security

We do not replace medicine — we complement it with lifestyle.

Irrigation

In older people:

The feeling of thirst decreases.

Effects of dehydration:

tiredness  
decrease in concentration  
constipation  
dizziness

This is why:

- ✓ We drink regularly.
- ✓ Not only water – also soups, tea, and fruit
- ✓ We pay attention to the heart and kidneys.

Personalised nutrition

There is no single “diet for seniors”.

We take into account:

health condition  
preferences  
culture  
medicines  
life situation  
relationships with food

The most important:

reality  
the joy of eating  
no guilt

Education in practice

Health trainer and educator:

- ✓ supports
- ✓ translates simply
- ✓ motivates
- ✓ does not moralise

Forms of work:

workshops  
educational talks  
simple materials  
practical tips

The:

conscious choices  
no fear of eating  
long-term health

## GLOBAL PERSPECTIVE ON LONGEVITY

Comparing world regions:

Asia  
Mediterranean Basin  
Oceania  
North America

We see that longevity depends on:

- ✓ lifestyle
- ✓ relationships
- ✓ daily exercise
- ✓ traditional diet
- ✓ sense of purpose

Genes are only part of the puzzle.

## PILLAR 8 Summary

This module teaches:

critical thinking  
conscious choices  
respect for tradition  
responsible approach to health

The goal is:

- ✓ Supports healthy ageing
- ✓ improving the quality of life
- ✓ global perspective
- ✓ ethics and safety

BoNutrition is not a fad – it is the foundation of health and longevity.

## PILLAR 9

### TECHNOLOGY AND ACCESSIBILITY

#### Purpose of the module

Reducing barriers to access to exercise, health education and community through smart, ethical and friendly use of technology—so that physical activity is available for every senior, regardless of place of residence, status, mobility or health restrictions.

The technology in Active Ageing® is designed to support:

- ✓ continuity of activity
- ✓ security
- ✓ contact with a trainer
- ✓ education
- ✓ social relations

— and not replace a human being.

#### Digital tools

In the programme we use:

motion applications  
activity monitoring devices  
instant messengers  
video platforms  
educational tools

The one:

simplicity  
availability  
clear communication

The trainer helps the senior:

install  
set parameters  
understand the functions

So that technology is friendly, not stressful.

#### Hybrid platforms

Connection:

full-time classes  
online meetings

gives:

- ✓ greater flexibility
- ✓ possibility of participating from home
- ✓ staying active while traveling or sick
- ✓ access to education regardless of place of residence

Hybridity = more opportunities, fewer barriers.

Senior online

Some of the participants:

makes great use of technology

Others need support.

This is why:

- ✓ We train trainers in online work.
- ✓ We teach simple operating instructions.
- ✓ We enable participation at various levels of digital advancement.

The most important:

patience  
intelligibility  
no judgement

Telecare

Modern tools enable:

remote consultations  
monitoring health parameters  
cooperation with the medical team

Telecare:

- ✓ increases the sense of security
- ✓ supports people with limited mobility
- ✓ facilitates early response to health problems

The programme promotes cooperation – not a replacement for personal contact.

## Digital education

Technology gives access to:

webinars  
educational courses  
video materials  
guides

Seniors learn:

- ✓ conscious movement
- ✓ healthy lifestyle
- ✓ preventive health care

Education = strength and agency.

## Health monitoring

Thanks to technology, you can observe:

pulse  
daily activity  
its  
weight  
steps  
medical parameters (as per recommendations)

Monitoring:

- ✓ motivation
- ✓ security
- ✓ health awareness

Principle:

Indicators are helpful.  
not an end in itself

## Data security

This is a key element of the programme's ethics.

We care about:

protection of personal data  
legality

confidentiality of information  
digital education of trainers

The senior must be sure that his:

- ✓ results
- ✓ recordings
- ✓ contact details

— are safe.

Social integration

Technology supports:

support groups  
online communities  
group meetings  
thematic events

Thanks to this:

single people  
people living far away  
People with mobility limitations can be included in the community.

Availability of training methods

The programme ensures that activity is possible:

At home  
outdoors  
in the club  
online

Thanks to this:

- ✓ There is no economic barrier.
- ✓ There is no location barrier.
- ✓ no movement barrier

Everyone will find a form that suits them.

New trends

The Global Active Ageing® programme tracks the development of:

AI in health  
e-medicine  
neurotechnology  
health-promoting applications  
exercise games (exergaming)  
cognitive training tools

Always with the principle:

security  
ethics  
scientific knowledge

We don't promote "gadgets" – we promote reasonable health support.

## GLOBAL ACCESSIBILITY PERSPECTIVE

Technology:

connects  
educates  
gives equal opportunities

Therefore, the programme:

- ✓ reaches smaller towns
- ✓ supports people with disabilities
- ✓ reduces social isolation
- ✓ building a global Active Ageing® network

## PILLAR 9 Summary

Technology becomes:

by bridge  
support  
safety tool  
the path to equality of access

The goal is:

- ✓ removing barriers
- ✓ building community
- ✓ strengthening independence
- ✓ supporting healthy ageing

BoActive Ageing® is intended to be accessible to everyone – regardless of age, location or ability.

## PILLAR 10

### ACTIVE AGEING® SPACES

Purpose of the module

Creating and implementing Active Ageing® programmes in different countries, cultures and environments – in line with local values, opportunities and community needs.

The idea is to:

- ✓ the programme worked not only in fitness clubs,
- ✓ but also in sanatoriums, community centres, senior clubs, schools, NGOs and public spaces.

BoHealthy ageing is a societal task – not just an individual one.

#### Sanatorium

Sanatoriums and rehabilitation centres are a natural place for Active Ageing®.

Possible actions:

motor improvement programmes  
health education  
psychological and social support  
relaxation activities  
movement in nature

Benefits:

- ✓ continuation of healthy habits after the stay
- ✓ cooperation with physiotherapists and doctors
- ✓ greater health awareness

#### Cultural centres

Houses of Culture are the heart of the local community.

We can create in them:

physical activities  
educational workshops  
dance and movement meetings  
support groups

Advantages:

- ✓ no financial barrier
- ✓ proximity to home
- ✓ safe, friendly atmosphere

It is born here, a community of movement and conversation.

Senior clubs

Senior clubs are becoming:

a meeting place  
a place to build relationships  
space for development  
health and activity centre

Active Ageing® can function there as:

- ✓ permanent offer of classes
- ✓ health programme
- ✓ integration project

The goal is regularity and continuity.

Preparing the space

The space should be:

safe  
available  
friendly  
apparently open to diversity

We care about:

lighting  
space for movement  
stable ground  
markings and communication  
access for people with limited mobility

Environment = part of therapy.

## Safety standards

The following apply:

risk assessment principles  
preliminary classification / evaluation of participants  
clear procedures in emergency situations  
appropriate documentation  
trained instructors

Security is:

- ✓ system
- ✓ awareness
- ✓ responsibility

## Cultural adaptations

Program Global Active Ageing®:

respects differences  
adapts forms  
takes into account customs  
does not impose one model

Exercise and health:

- ✓ in Asia
- ✓ in Europe
- ✓ in Africa
- ✓ in the Americas
- ✓ in Australia

— they may look different, but values remain common: health, community, dignity.

## Cooperation with NGOs

Non-governmental organisations are:

social partners  
leaders of local change  
support for vulnerable groups

Together you can:

- ✓ run support programmes
- ✓ operate in excluded areas
- ✓ reach people without financial resources

To an important pillar of health equality.

## Local partnerships

Implementation of the programme requires cooperation with:

local governments  
health institutions  
universities  
schools  
business  
educators

Synergy = greater range and durability.

## Social policy

The programme fits into:

strategies for activating seniors  
health prevention  
long-term care  
public health policy

The goal is:

- ✓ reduction of system costs
- ✓ improving the quality of life
- ✓ building a healthy society

Active Ageing® — to an investment, not a cost.

## Global implementation models

The program can function as:

network of partner branches  
training module for trainers  
element of rehabilitation  
social initiative  
hybrid platform

It is important:

- ✓ standardising quality
- ✓ staff training
- ✓ measuring effects
- ✓ continuous evaluation

The model is flexible – but the values remain constant.

## ACTIVE AGEING® GLOBAL MISSION

This pillar connects:

people  
institutions  
culture  
education  
public health

Creating a global support network for healthy ageing.

## PILLAR 10 Summary

Active Ageing® spaces are:

places  
relationships  
education  
movement  
global community

The goal is:

- ✓ availability
- ✓ inclusiveness
- ✓ security
- ✓ respect for culture and tradition
- ✓ lasting social impact

BoActive Ageing® is designed to reach everywhere – wherever people live.

## PILLAR 11

## ACTIVE AGEING® STANDARDS, SAFETY AND ETHICS

Purpose of the module

Introducing a uniform, international quality standard for working with adults and older people – so that every Active Ageing® trainer works:

- ✓ safe
- ✓ responsibly
- ✓ within the limits of competence
- ✓ based on science and ethics
- ✓ in a measurable and transparent way

This pillar creates a system that protects:

participant  
coach  
institution  
global programme

### Definition and Application of HRF (Health-Related Fitness)

HRF – Health Related Fitness  
is an approach in which the goal of training is:

health  
functional fitness  
independence  
quality of life

and not:

appearance  
rivalry  
extreme effort

HRF includes:

- ✓ cardiorespiratory fitness
- ✓ muscle strength and endurance
- ✓ mobility and flexibility
- ✓ balance and coordination
- ✓ metabolic health
- ✓ mental health

It is the philosophy, standard and work ethic of coaching.

Standardised health screening

Each programme participant undergoes a safe and simple health interview, including:

chronic diseases  
medicines  
cardiovascular history  
injuries and surgeries  
pain and limitations  
breathing and endurance  
mental health  
lifestyle

The goal is:

security  
selection of activities  
cooperation with a doctor/physiotherapist

Screening is a mandatory element of the programme.

### Fitness Test Catalogue

We create a standardised set of functional tests, such as:

- ✓ chair getting up test
- ✓ balance test
- ✓ gait assessment
- ✓ mobility test
- ✓ simple strength tests
- ✓ subjective assessment of quality of life

Rules:

simple  
safely  
without medical equipment  
no stress

Tests help:

evaluate the starting point  
monitor progress  
motivate

### Chronic Disease Safety Matrix

The programme contains a clear table (matrix) that:

defines the rules of work at:

heart diseases  
respiratory diseases  
diseases of the musculoskeletal system  
osteoporosis  
Parkinson's and dementia  
diabetes  
obesity  
hypertension  
polypharmacy (multiple medications)

The matrix indicates:

- ✓ what is safe
- ✓ what to avoid
- ✓ when to refer to a doctor
- ✓ What are the red flags?

This is a practical guide for trainers.

Training documentation model

Each Active Ageing® trainer provides:

participant card  
training plan  
health notes  
work schedule  
progress notes

Documentation:

protects the coach  
increases customer safety  
supports cooperation with medicine

Simultaneously:

We care about confidentiality and GDPR.

Effects monitoring system

The programme assumes regular evaluation of:

functional test results  
quality of life  
well-being  
exercise tolerance  
activity level

The:

- ✓ See progress
- ✓ Customise the programme.
- ✓ strengthen motivation
- ✓ build the scientific standard of the program

It is also the basis of scientific research on Active Ageing®.

### Active Ageing® Trainer Code of Ethics

Every certified trainer commits to:

respect for the person  
taking care of safety  
work within the limits of competence  
cross-sectoral cooperation  
updating knowledge  
clear and empathetic communication  
lack of therapeutic promises  
honesty and transparency

And:

- ✓ does not discriminate
- ✓ does not embarrass
- ✓ does not judge appearance
- ✓ supports seniors' autonomy

Trener Active Ageing®  
= health and values educator.

### Trainer training standard

clear certification path  
mentor supervision  
continuing education  
recertification

### Class safety standard

group size limit  
belaying rules  
emergency procedures  
space ergonomics

## COMMUNICATION STANDARD – ACTIVE AGEING®

When working with clients, training participants and the team, a communication standard is in place based on:

### Inclusive and friendly language

- We speak with respect and kindness.
- We use simple and understandable words.
- We avoid labelling and stereotypes.
- We support a sense of dignity and agency.

### Precision and clarity of message

- Messages are specific and clear.
- We avoid ambiguity.
- We adapt the content to the recipient.
- We make sure that the other party understands the message.

### No judgement or personal criticism

- We do not judge appearance, age, fitness or life choices.
- We do not compare participants.
- We separate the person from the problem.
- We provide constructive, calm feedback.

### Emphasis on values and meaning

- We emphasise the importance of health, relationships and quality of life.
- We strengthen internal motivation.
- We are talking about development, not "fixing".
- We show that movement serves life – and not the other way around.

### Empathetic attitude

- We listen carefully.
- We ask questions.
- We accept a diversity of experiences.
- We create a safe space for dialogue.

Interdisciplinary cooperation

- trainer – physiotherapist – doctor – psychologist

Because health is a shared project.

Global Quality System

- common standards
- local adaptations
- culture of respect
- exchange of knowledge between countries

PILLAR 11 Summary

This pillar is the backbone of the entire Global Active Ageing® program.

Provides:

security  
scientificity  
ethics  
coherence  
humanity

Thanks to this:

- ✓ the participant feels cared for
- ✓ The trainer works professionally.
- ✓ The program can run globally.
- ✓ values remain unchanged

Because Active Ageing is a responsibility – towards people, health and future generations.

PILLAR 12

CERTIFICATION, BUSINESS AND PRACTICE

(Global Active Ageing® — Professional Pathway)

Purpose of the module

Professionalisation of the services market for people aged 40+ and 60+ through clear standards of certification, ethics, quality and business – so that Active Ageing® trainers, educators and instructors work:

- ✓ safe
- ✓ responsibly
- ✓ ethically
- ✓ competently
- ✓ in a professionally stable manner

The programme puts the centerman, his health, quality of life and dignity at the centre.

## ACTIVE AGEING® TRAINER CERTIFICATION

Certification confirms:

substantive knowledge  
health awareness  
professional responsibility  
ability to work with people

It's not just a diploma.  
To a standard of quality and social trust.

## CERTIFICATION RULES – GLOBAL

Certification takes place in each country and in each training facility. under the supervision of people with appropriate professional competences, which:

- ✓ have completed the Active Ageing® programme
- the
- ✓ conduct courses and collaborate within the Active Ageing® standard

Examiners operate on the basis of common, international quality procedures.

## Model in Poland

In Poland, certification takes place:

in cooperation with institutions that have accreditation of REPs Poland and universities cooperating on the basis of formal agreements

Assessments take place throughout the country.  
Information about available credits must be publicly available.

In the Global Active Ageing® programme, we particularly emphasise the professional responsibility of the trainer and clear boundaries of competence.

Trainer Active Ageing Expert®:

- ✓ is not a doctor.
- ✓ is not a physiotherapist.
- ✓ is not a psychotherapist.
- ✓ is not a therapist of alternative medicine.
- ✓ does not provide medical diagnosis or treatment

unless:

has separate, formal medical or therapeutic qualifications obtained outside the Active Ageing® programme, in accordance with the legal requirements of the relevant country.

The role of the trainer is to:

movement education  
promoting a healthy lifestyle  
motivational support  
work in the HRF area – Health Related Fitness  
cooperation with health care specialists

and not on replacing the medical system.

In case of any health concerns:

The trainer refers the client to the appropriate specialist.  
(doctor, physiotherapist, psychologist, clinical dietitian).

This is the standard of safety and professional maturity.

## PRACTICAL EXAM - FULL RECORD ADDED

### 1. Conducting classes – 10 hours

The trainer conducts classes:

for students  
for people 40+  
(if available – symbolic participant fee possible)  
free participation for people 60+

Classes are conducted within the trainer's area of specialisation, e.g.:

- ✓ kettlebell  
→ 10 kettlebell classes
  
- ✓ Pilates + gaming  
→ 5 hours of pilates  
→ 5 hours of yoga
  
- ✓ multi-skills  
→ hours divided proportionally

## Dietetics - An Important Disclaimer

Coach:

can provide nutritional education  
does not provide nutritional therapy

If necessary:

refers the client to a clinical dietitian

This is a manifestation of:

professional maturity  
responsibility  
cross-sectoral cooperation

The same rule applies to other medical professions.

Trener Active Ageing®:

does not provide rehabilitation  
does not perform therapeutic procedures  
does not interpret medical tests  
does not make diagnoses

unless it has:

separate professional qualifications, consistent with the law of a given country and operating within the framework of that profession.

Why is this so important?

- ✓ protects the customer
- ✓ protects the coach
- ✓ increases the prestige of the profession
- ✓ supports cooperation with medicine
- ✓ reduces the risk of abuse

To fundamentally globalise the Global Active Ageing Standard®.

## 2. Observation of specialists - 10 hours

Mandatory work observation:

- ✓ physiotherapists
- ✓ dietitians
- ✓ psychologists
- ✓ doctors

In areas where the trainer:

- ✗ not working
- ✗ and I don't intend to work

The one:

understanding the system  
interdisciplinary cooperation  
professional humility

## 3. Participation as a client – 10 hours

Coach:

takes part in classes  
experiences the participant's perspective  
especially people aged 60–70+

The one:

- ✓ empathy
- ✓ realistic assessment of difficulty
- ✓ awareness of needs

INTERNSHIP REGISTER

Every hour:

is being recorded  
confirmed  
takes place in licensed locations

## OTHER ELEMENTS OF THE MODULE

### WORK STANDARD

Valid:

professional ethics  
HRF – Health Related Fitness  
participant safety  
documentation  
interdisciplinary cooperation

### LAW AND GDPR

The trainer knows:

data protection rules  
civil liability  
scope of responsibility

### INSURANCE

Mandatory:

✓ Professional liability insurance

Recommended:

✓ NNW

### BUILDING A BRAND

We teach:

credibility  
authenticity  
ethical communication

According to the principle:

man above sales.

## MARKETING AND SALES

In spirit:

- ✓ education
- ✓ values
- ✓ real help

Without:

- ✗ manipulation
- ✗ false promises
- ✗ language of pressure

## INTERDISCIPLINARY COOPERATION

To the core of the program.

Coach:

cooperates  
does not replace medicine

## BUSINESS MODELS

The programme can function in:

educational institutions  
medicine and rehabilitation  
local communities  
hybrid model

## PROFESSIONAL DEVELOPMENT

Each trainer:

is constantly evolving  
updates knowledge  
uses mentoring

# CERTIFICATION REQUIREMENTS

- ✓ completion of theoretical modules
- ✓ internship – min. 30 hours
- ✓ passing the final exam
- ✓ compliance with the code of ethics


## Certification Requirements

To obtain the Active Ageing Expert® certification, each participant must meet the following requirements:

- ✓ completion of all theoretical modules
- ✓ completion of professional internship – minimum 30 hours
- ✓ passing the final exam in accordance with the applicable standard
- ✓ compliance with the professional code of ethics

## Final Exam – Certification Standard

The final examination is conducted according to a uniform, transparent template that clearly defines the substantive, practical and ethical requirements.

 Official exam template, provided by <https://globalactiveageing.com/>

The examination is intended to confirm that the candidate:

can work safely with older people

understands the ageing process from a functional and health perspective

is able to apply knowledge in practice

represents a high level of professional responsibility

## Purpose of Certification

Ensuring the highest level of security and quality of service

Certification was created:

for people

for health

for the credibility of the profession

Why is this standard unique?

- ✓ based on current scientific knowledge
- ✓ holistic – body, mind and lifestyle
- ✓ practical – ready for real work with clients
- ✓ scalable – can be implemented in various countries and facilities
- ✓ international – compliant with global standards

This Standard Connects

knowledge

movement

health

values

## SUMMARY

„Global Active Ageing Standard®”

is a complete system that creates a new quality of work with people over 50 around the world.

It is the foundation for:

- ✓ trainers
- ✓ physiotherapists
- ✓ dietitians
- ✓ psychologists
- ✓ institutions
- ✓ social organisations

In the centre always stands the man — his health, dignity and meaning of life.

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