



BHFNC Programme of one-day seminars

Physical activity and older people A guide to leading edge practice

Why Leading Edge Practice ?

In the last few years older people and physical activity has begun to move up the agenda but we need to move from innovation and short-termism to sustained activities and opportunities by implementing effective interventions and programmes

Seminar programmes

The seminar programme included the following themes and content

- **Update on evidence**
- **BHF NC Guidelines on older people and physical activity**
- **Active for Later Life resource**
- **Policy and partnerships**

Summaries of the presentations used during the events are available as downloads.

To access click on the following to access.

Presentation 1 - Evidence update

Presentation 2 - What's an older person ?

Presentation 3 - BHF NC Guidelines on Older People and Physical Activity

Presentation 4 – Recommendations for older people and physical activity

Presentation 5 – Policies and partnerships

Additional downloads

- Active for later life presentation physical activity and older people***
- Physical activity and falls prevention***

(Existing CDs and new presentation)