Sport for Elderly People/Seniors
Sport for Elderly People/ Seniors

„It does not matter to give life more years, but to give the years more life“
Formation Course Seniors 55 +

- Power and Sensomotoric training
- Coordination in everydays life
- Balance
- Project presentation from Austria
- Theraband exercises
Seniors working group (55+)

• Palle THOMSEN (CSIT Vice President) – Denmark
• Anne-Lise KOOREMANN - Italy
• Uschi MORTINGER - Austria
• Martine POTHET- France
• Poul SÖLVSTEIN - Denmark
CSIT World Sports Games 2017
Seniors in the future

• WSG in 2019 with new activities and more unions participating
• Formation Course in 2020
CSIT World Sports Games 2019
CSIT World Sports Games 2019
Thank you!