Project title: Exercise for life

**WHAT**

**BACKGROUND & AIM**
The aim is to create different opportunities for physical inactive people and to get the people – through better knowledge – to take responsibility for their own life. To educate voluntary coaches/advisors with practical experience based in the municipality.

**DESCRIPTION**
Beginning with theme day with the first test and first lecture. Training/exercise and 3 new tests within 6 month. Integration in sport clubs or establishment of new clubs. The main activity was Nordic Walking.

**WHEN, WHERE AND HOW**

**TIMING & LENGTH**
From 2003 – 2008. Each local project has a length of 6 month.

**PLACE**
Selected cities

**LEVEL**
Level of the project: National

**RESOURCES**
Facilities, Equipment, people involved: The nature, sticks for Nordic Walking, step counters, people who can make test of, volunteers, adviser.

**COST & RESULTS**

**APPROXIMATE COSTS**

**RESULTS**
Outcomes of the project:
The local municipality can create a new social environment and network for inactive.
The local sports clubs will get new members and get educated instructors.

**SUGGESTED IMPROVEMENTS IN CASE OF DUPLICATION**

**TARGET GROUP**
Inactive and vulnerable people

**COMMUNICATION**
Sports clubs and municipalities

**MAIN ACTIVITY**
Lifestyle, network and active prevention for inactive and vulnerable people

**RESPONSIBLE**
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**YEAR OF EXECUTION**
2003 - 2008

**MEMBER (COUNTRY)**
DAI - Denmark