



Concept in health sports

Functional Vital - Functional Strength Endurance Training

concept description

Holistically oriented health and fitness training, with practical exercises to promote coordination and balance, to maintain and improve strength and flexibility, as well as the content of relaxation. At the same time, theoretical knowledge is conveyed to strengthen psychosocial health.

concept goals

General improvement of exercise habits

- Improvement of physical health resources (physical abilities: coordination, strength, flexibility, plus body awareness + relaxation)
- Improvement of psychosocial health resources (knowledge, mood.)
body concept, competence expectation, social commitment)
- Reduction of physical inactivity as a health risk factor
- Prevention and reduction of specific health risks through appropriate behavioural and health-oriented exercise programmes

Increase of well-being and improvement of quality of life

Sustainable commitment to exercise and sport

concept contents

Play and exercise forms for the program components (warming up, coordination, strength, mobility, body awareness and relaxation)

In addition, an introductory and final phase as well as the provision of information are used.



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concept methods

Individuals, small groups and group forms

- Conversation to provide information on fitness- and health-specific topics (e.g. action and effect knowledge, development and handling of health restrictions)
- reflection
- use of media
- Use of small materials
- Play and exercise forms under training scientific methods for the improvement of the physical resources

target audience

Adults (m/f) from 18 years of age without acute illnesses requiring treatment who wish to enter or re-enter structured exercise programmes.

Scope & Duration

10 units á 75 minutes

WIR SIND

in FORM

Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung



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