

answers to this issue and provide knowledge, to adequate public policies and improve quality in services. **Keywords:** Health; Gender; Portugal; Cultural; Economic.

IMPACT OF AGEING WELL: A LOTHIAN WIDE PEER SUPPORT PHYSICAL ACTIVITY AND WELLBEING PROJECT FOR INACTIVE ADULTS AGED 50+

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Introduction: By 2033, the predicted increase in the pensionable aged population in the Lothians is 41.03%,9.63% above the projected Scottish average. This will have an impact on NHS and public services given the preventable nature of many long-term conditions and the increasing use of services by 45-75 year olds. Good physical and mental health, quality of life and the ability to live independently are closely linked. The 2010 Scottish health survey reports low levels of physical activity (<30 min of moderate or vigorous activity per week) in the 65+ demographic; 46% of men aged 65-69, 84% aged 85+, and 44% and 91%, respectively, with older women. **Project:** Ageing Well is a Lothian wide project aiming to maintain and promote physical and mental health and wellbeing and quality of life for inactive adults aged 50+. Physical activity is a key component. Over 1000 individuals take part annually. It is a peer support model where volunteers lead, encourage and provide information to aid their peers in adopting a more active and healthy life. **Impact:** Preliminary findings of a recent Social Return on Investment study show that the programme achieves a social impact of at least £435k (final report March 2012). Evaluations have shown that 85% of participants positively changed their attitude towards physical activity; 72% positively changed their behaviours; 79% had improved health and wellbeing; 88% of volunteers had improved health, 91% believed the programme enabled them to meet new people and 100% would recommend volunteering to others. A 2010 survey showed that 37% of participants met the recommended 30 min of physical activity most days, 26% above the aged 65+ Scottish average. Participants reported increased confidence, reduced social isolation and improved mental health. **Conclusion:** Ageing Well has shown to be an effective programme to improve the health and wellbeing of its participants and volunteers, increasing PA levels and reducing social isolation. **Keywords:** Physical Activity; Wellbeing; Inactive; Mental Health; Isolation.

ENVIRONMENTAL FACTORS AFFECTING ELDERLY PHYSICAL ACTIVITY LEVEL: A REVIEW FROM URBAN PLANNING PERSPECTIVE

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Physical activity (PA) is a strategy to improve quality of life. There is a plethora of studies that strive to discover crucial factors affecting level of PA in different sectors of society. This review aims to provide a holistic view of factors affecting elderly PA from urban planning perspective. A methodical literature search through scientific databases resulted in inclusion of 25 main articles. Various aspects (individual and environmental) of improving elderly PA level have been considered in these researches with predominant approaches from health and medicine disciplines in a disjointed fashion. However, close scrutiny from urban planning perspective reveals that the impacts of other environmental factors in micro and macro urban scale have been overlooked. At micro scale, urban design factors like enclosure, human scale, and legibility on elderly PA level have been neglected. Also, at macro scale, the impacts

of environmental variations in different parts of the city on elderly PA level have not well established. In this regard, the relation between environmental equality, as a fundamental factor which affects vulnerable people health, and elderly PA level has not been addressed in reviewed studies. **Keywords:** Physical Activity; Environmental; Urban; Vulnerable.

YOGA IN THE PREVENTION AND SELF MANAGEMENT OF THE CONDITIONS ASSOCIATED WITH OLD AGE: 1. STANDING POSES

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Introduction: Yoga is practiced by millions all over the world. Having being practiced for more than 5000 years in India, its popularity in the West has steadily grown given its extensive health benefits. These include improved flexibility, strength, posture, mood, concentration, and relaxation. Medical benefits are seen in hypertension and other cardiovascular diseases, asthma, arthritis, insomnia, depression and many other health conditions. The Yoga Sutras (aphorisms) describe eight limbs of yoga practice: yama (moral behavior); niyama (healthy habits); asana (physical postures); pranayama (breathing exercises); pratyahara (sense withdrawal); dharana (concentration); dhyana (contemplation); and samadhi (higher consciousness). Commonly practiced yoga sutras in the western world include physical postures, breathing exercises and meditation. **Methods:** Several hundred yoga poses were reviewed from several yoga texts. Twenty simple postures with the most benefit and safety for seniors were picked for this four-poster presentation. **Results:** The following five standing poses should be done first in this four-sequence yoga session. These postures will be illustrated and their mode of performance and benefits described in the poster: 1. Mountain Pose (Tadasana) 2. Tree Pose (Vrksasana) 3. Triangle Pose (Trikonasana) 4. Warrior I Pose (Virabhadrasana I) 5. Warrior II Pose (Virabhadrasana II). **Conclusion:** Selected yoga postures can be regularly performed by the elderly. Yoga can be an excellent active method in the prevention and self-management of the conditions associated with ageing. It is simple to learn, easy to perform and is virtually free of any harmful effects. It has been associated with excellent adherence. Regular performance of these postures can be highly rewarding in the elderly. **Keywords:** Yoga; Self-Management; Meditation; Breathing; Standing.

YOGA IN THE PREVENTION AND SELF MANAGEMENT OF THE CONDITIONS ASSOCIATED WITH OLD AGE: 2. SITTING DOWN POSES

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Introduction: Yoga is practiced by millions all over the world. Having being practiced for more than 5000 years in India, its popularity in the West has steadily grown given its extensive health benefits. These include improved flexibility, strength, posture, mood, concentration, and relaxation. Medical benefits are seen in hypertension and other cardiovascular diseases, asthma, arthritis, insomnia, depression and many other health conditions. The Yoga Sutras (aphorisms) describe eight limbs of yoga practice: yama (moral behavior); niyama (healthy habits); asana (physical postures); pranayama (breathing exercises); pratyahara (sense withdrawal); dharana (concentration); dhyana (contemplation); and samadhi (higher consciousness). Commonly practiced yoga sutras in the western world include physical postures, breathing exercises and meditation. **Methods:** Several hundred yoga poses were reviewed from several yoga texts. Twenty simple postures with the most benefit and safety