

## BEST PRACTICE: AUSTRIA - SVS

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|  | 1 | In the sense of intersectoral collaboration the areas of social security, organized sports and science in Austria have cooperated and developed a unique programme called “ <i>Jackpot.fit</i> ”, aiming at the promotion of physical activity for all people across Austria. It offers health sports units in groups that are scientifically supported and therefore meet evidence-based standards and guidelines of health enhancing physical activity. As an incentive and for motivating people to take part the participation in the first semester is free of charge. Due to the COVID-19 pandemic group courses were also held online. |
|  | 2 | In addition, the SVS offers different <i>health weeks</i> and <i>sports camps</i> for their members to promote a healthier and more active lifestyle. They focus, for example, on getting to know different sports, on strengthening fitness, endurance and performance or on improving physical complaints like back problems by an active lifestyle.  |
|  | 3 | Considering a holistic view of health physical activity is also part of every other prevention and health promotion offer of the SVS (for example, physical activity units like nordic walking or strengthening exercises are a vital part of programmes for burnout prevention as it creates balance and also affects mental health in many positive ways).  |
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## BEST PRACTICES: BELGIUM - LM & Socialistische Mutualiteiten

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|  | 1 |  |  |
|  | 2 |   | The Liberal sickness funds organizes accessible moving lessons and provides a financial support for moving. They also support and distribute the   |
|  | 3 |   | <u><a href="#">campaigns</a></u> of the Flemish government that promote a healthy mix of sitting, staying and moving.  |
|  | 4 |   | The 'Socialistische Mutualiteiten' support their members by organizing accessible <i>exercise classes</i> , and <i>personal training</i> in which fitness is rebuilt, providing <i>financial intervention</i> for exercise, supporting multi-sports clubs throughout Flanders. They support and spread the |
|  | 5 |   | <i>campaigns</i> of the Flemish government, promoting  |
|  | 6 |   | 10,000 steps per day - avoiding sedentary behaviour.   |



**Socialistische  
Mutualiteiten**

## BEST PRACTICE: GERMANY - SVLFG

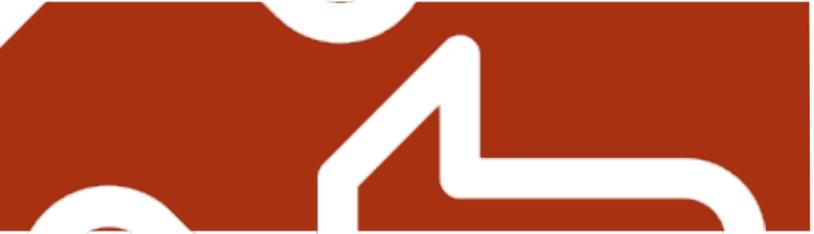
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|  | 1 |  |
|  | 2 | « <i>Trittsicher durchs Leben</i> “ (sure-footed through life) is the name of a programme that was developed in cooperation with the Deutscher LandFrauenverband (dlv), the Robert-Bosch-Krankenhaus Stuttgart (RBK) and the Deutscher Turner-Bund (DTB). With this programme, the SVLFG wants to support older people from rural areas in maintaining their independence and autonomy. The activities of daily life, such as going for walks, gardening or working on the farm, should be maintained until old age. |
|  | 3 | The programme covers issues such as the preservation of mobility (sure-footed movement courses), <b>bone health</b> and <b>safety around the house</b> and yard. Specially trained course leaders offer the <b>step-safe movement courses</b> . Gymnastics and sports clubs or physiotherapeutic practices also provide on-site instruction and advice by experienced SVLFG staff  |
|  | 4 | of the prevention department is possible within the framework of those courses. Under certain conditions, health insurance companies will cover the costs of a bone density measurement (so-called osteoporosis diagnostics).  |
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**SVLFG**

Sozialversicherung  
für Landwirtschaft,  
Forsten und Gartenbau



## BEST PRACTICE: BELGIUM - 'MUTUALITÉS LIBRES'

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|    | 1 | In Flanders the initiative ' <i>Physical Activity on Prescription</i> ' is supported by the mutuels (facturation- and reimbursement-system) and actively promoted by them. It aims to support and coach people with sedentary and unhealthy lifestyles (often also with obesity as consequence). Mutuels are notably represented in the board that selects and evaluates local applicants.. |
|    | 2 | 'Mutualités Libres' member Partena has a campaign called <i>#toerkedoen</i> which encourages people to go for walks.  |
|   | 3 | 'Mutualités Libres' member OZ has a ' <i>fittrailer</i> ' that goes around the country to test and advise people on how to move and sport more. The OZ fit trailer travels around Flanders together with a professional movement coach who provides personal advice.  |
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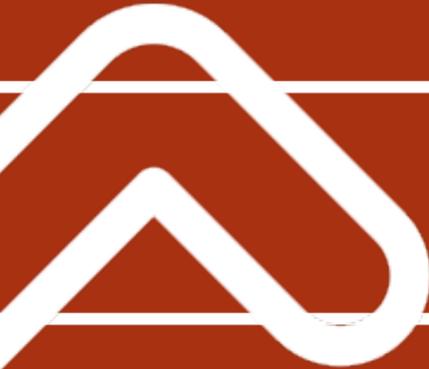


## BEST PRACTICE: GERMANY - vdek

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|    | 1 | <p>“(M)EIN STADTTEIL BEWEGT SICH” (My district moves) is jointly financed by 8 health insurance companies (Techniker Krankenkasse, BARMER, DAK-Gesundheit, BKK Mobil Oil, IKK classic, KKH-Kaufmännische Krankenkasse, KNAPPSCHAFT, AOK) and is supported by the Munich Action Workshop Health e.V. (MAGs) in a district in Munich. The project is aimed at all people, whether young or old, mobile or not. Attractive and easily accessible, offers are used to show how health promotion with physical activity programmes can be successful in the district while at the same time strengthening individual health competence.</p> |
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## BEST PRACTICE: GERMANY - IKK

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|     | 1 | For primary schools that are or would like to be active in health promotion and want to integrate movement and relaxation exercises into their lessons, the IKK Brandenburg and Berlin offers the programme “ <i>NIKKY - Bewegungshits für Klasse Kids</i> ”.  |
|    | 2 | An introductory workshop helps the teaching staff to get prepared for the project contents. The aim is to integrate exercises harmoniously into the lessons. In everyday school life, movement is thus established as an integrative part of teaching. This makes an important contribution to health at school, in which short breaks help to give the lessons a rhythm. Accordingly, the lessons are structured through movement. This promotes the pupils' concentration and receptiveness. The exercises for <i>integrating movement in school</i> are described on individual cards. Collected in a Sturdy Box and placed in the classroom, the card collection provides ideas for combining teaching and movement at any time. |
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