

Ageing Well and Healthily in the Netherlands

The Ageing Well and Healthily (AWH) programme in the Netherlands consists of health education by peers and low intensity exercise taught by a professional physical activity instructor. Similar to the CHAMPs programme in design (see above), AWH looked to link new participants into existing local opportunities for activity and exercise. Peer educators reported a number of outcomes including positive effects upon physical perception and increasing positive attitudes towards physical activity especially among less physically active individuals. They also reported that a strong group feeling emerged and there was also interest in other topics such as mental health, social security and legal matters. The educational materials that were provided were also well received.

Further details in

Hopman-Rock, M. and Westhoff, M.J. (2002) Development and Evaluation of "Ageing Well and Healthily": a Health-Education and Exercise Program for Community Living Older Adults. *Journal of Aging and Physical Activity*, 10: 364 – 381.

Hopman-Rock, M. and Westhoff, M.J. (2002) Dissemination and Implementation of "Ageing Well and healthily"; a Health-Education and Exercise Program for Older Adults. *Journal of Aging and Physical Activity*, 10: 382 - 395.