

Wellbeing and Healthy Choices for Older Adults and their Carers

Intellectual Output 2: Healthy choices in geriatric home care and tailored learning opportunities O2 A3 Trainer Guide



Project number: 2015-1-DE02-KA204-002418



This project has been funded with support from the European Union. This publication reflects the views only of the author, and neither the Commission nor the National Agency can be held responsible for any use which may be made of the information contained therein.



Dear visitors,

welcome to our **WHOLE website and e-learning platform!** WHOLE is a project developed by a consortium from 7 organizations from 5 European countries (Germany, Austria, Bulgaria, Ireland, Greece) and Israel and financed by the ERASMUS+ programme of the European Union. On this website, you can find information about all partner organizations as well as the background, objectives, actions, results and impact of the WHOLE project. We are also glad to present the main results of our 3 year project duration, namely the healthy nutrition and physical activity programme. Both modules offer you useful tips and facts for healthy eating and more than 300 physical activity exercises shown in an interesting way through colourful factsheets and videos. Our e-learning platform is easy accessible and usable. The website and the e-learning platform are translated in all project country languages: English, German, Greek, Bulgarian and Hebrew; so select the proper language before start using them.

The website has 6 sections: Project, Partners, News, Results, Contact, Imprint and a special section for language change.

Please follow the links below to access topics you are interested in:

Information about the background, objectives, innovations, actions and impact of the project:

<http://www.uni-muenster.de/ProjectWhole/category/projekt/>

Contact details and links to all partner organizations:

<http://www.uni-muenster.de/ProjectWhole/partner/>

News: information about our project meetings, training event and other interesting projects

<http://www.uni-muenster.de/ProjectWhole/category/news/>

Contact: contact data of the coordinating organization

<http://www.uni-muenster.de/ProjectWhole/kontakt/>

Imprint: contact data; legal information about terms and conditions concerning responsibilities of European Commission and National Agency, liability of damages for body and health caused by physical activity and nutrition recommendations, liability of internal content and external links; Creative Commons; data protection, You Tube Analytics, Piwik; and Sources

<http://www.uni-muenster.de/ProjectWhole/impressum/>

The e-learning platform has 3 sections: Information, Healthy Nutrition and Physical activity**Information (Please read this section before start using the learning modules!)**

Information: Why use the WHOLE Physical Activity and Nutrition Programme? Who can take part in the WHOLE Programme? Tips for Getting the Most out of the WHOLE Programme! Testimonials

<http://www.uni-muenster.de/ProjectWhole/information/>

Every learning module has different sub-sections. **Please read the sections about “Benefits” and “How to use the module” first! We highly recommend to carefully read the section “Safety Guidelines” of the Physical Activity Module before starting any physical activities!**

Nutrition Module

<http://www.uni-muenster.de/ProjectWhole/category/nutrition/>

Benefits of Good Nutrition:

<http://www.uni-muenster.de/ProjectWhole/2017/07/11/benefits-of-good-nutrition/>

How to Use the Module:

<http://www.uni-muenster.de/ProjectWhole/2017/07/11/how-to-use-the-nutrition-module/>

Factsheets: all factsheets can be read online or downloaded / printed in a .pdf format

<http://www.uni-muenster.de/ProjectWhole/category/nutrition/factsheets/>

Meal Plan and Shopping List: can be read online or downloaded / printed in a .pdf format

<http://www.uni-muenster.de/ProjectWhole/2017/04/21/meal-plan-and-shopping-list/>

Physical Activity Module

<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/>

Benefits of Physical Activity:

<http://www.uni-muenster.de/ProjectWhole/2017/03/13/benefits-of-physical-activity/>

How to use the Module: Here you can find a very useful video about “How to create my personal training session” as well as an overview of all exercises.

<http://www.uni-muenster.de/ProjectWhole/2017/03/13/how-to-use-the-physical-activity-module/>

Safety Guidelines:

<http://www.uni-muenster.de/ProjectWhole/2017/03/13/safety-guidelines/>

Exercises: 6 different modules, every module in separate section, all of them available as a video and downloadable .pdf format

<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/>

- **Warm up exercises**
<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/warm-up/>
- **Aerobic exercises**
<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/aerobic-exercise/>
- **Upper body exercises**
<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/upper-body/>
- **Lower body exercises**
<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/lower-body/>
- **Balance and Coordination exercises**
<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/balance-and-coordination/>
- **Exercising Together**
<http://www.uni-muenster.de/ProjectWhole/category/physical-activity/exercise/exercising-together/>

My Training Session: Here you find a downloadable table to list all exercises you would like to use online or select and download as .pdf file for offline use.

<http://www.uni-muenster.de/ProjectWhole/2017/07/25/my-training-session/>

Tracking Progress: In this section we provide you very good tools for tracking the progress of your physical condition after using the exercises including a documentation sheet for the test results: Modified Functional Reach Test (sitting), Functional Reach Test (standing), The Timed Get Up and Go Test, The 10 Meter Walk Test and the Back Scratch Test.

<http://www.uni-muenster.de/ProjectWhole/2017/03/13/tracking-progress/>

Enjoy your visit on our e-learning platform and enjoy implementing our exercises and healthy eating tips!