Increase awareness and behavioural change in former active citizens with and without disabilities toward a healthy active lifestyle through enrichment of counselling and prescription procedures to effective use of physical activity and other health-related behaviours.

**Our Purpose**

**FORMER ACTIVE CITIZENS**
- 81 articles for defining eligibility criteria
- 1 Semi-structured protocol
- 96 Interviews in total

**Participants/beneficiaries on our activities**
- Former Active citizens
- Practitioners
- Sport/ labour & social associations
- Sport clubs
- Senior Universities

**MORE THAN 3500 Individuals reached**

**FOLLOWING STEPS**
- E-training Program for Trainers
- Data Analysis
- Validity Analysis

**PARTNERS**
- activuproject.eu/

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