


WIN

Wellness for Insertion



Vendredi 02 juillet 2010

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**FEDERATION FRANCAISE
D'EDUCATION PHYSIQUE
ET DE
GYMNASTIQUE VOLONTAIRE
F.F.E.P.G.V**

1888 – Birth of the Volunteer Movement Gymnastics by the Dr Tissié



1976 – The concept of "Sport-Health" as a priority for the federation



- **an humanist movement**
- **a movement of Continuing Education**
- **an associative movement**
- **a Sport-Health movement**

Adapted programs to each stage of life called Multi'Gym ...

- by the training of expert facilitators**

- by the set up of sessions or outreach programs**

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Version 2 juillet 2010

Adogym.com®

Juniors

Gym'Caline®

From 9 months to 2 years

Corpo'Gym®

Gymnastic in companies

Acti'March®

*Exclusive program for
active walk*

Atout'Gym®

*Heart failure and metabolic
diseases*

Gym'Autonomie®

In seniors centres

Gym'Equilibre®

Falls prevention

Gymmémoire®

*Stimulation of memory
function*

Gym'Equilibre®

1 - The reasons of the programme

The accidental falls have caused 12 000 deaths in 1995

Aging of the french population (19 millions + 65 years in 2020)

Gym'Equilibre®

2 - Causes

- ***Medical causes***
- ***Sensory deficit***
- ***Aging skeletal muscle and joint***
- ***Disorders of memory and mental***
- ***Environment***

Gym'Equilibre[®]

3 - Consequences

- **On the human aspect**
- **On the financial aspect**

Gym'Equilibre[®]

4 – The programme

Trainings and certifications for the trainers

Animations meeting or program

Partners and funders

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4 – The programme

aptitude tests

maintenance of breathing

sensory awareness

vigilance and reaction speed

Strength training

imbalance and approach ground

Gym'Equilibre®

4 – The programme

