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# Green Generation: Seniors Active for the Planet Workshop

*Empowering seniors for healthier, eco-friendly lifestyles*





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# Workshop Topics Overview

- Day 1: Kick-Off Meeting, Lecture, and Presentation
- Days 2-4: Workshop on Therapy of Spinal Disorders Using Smovey Device
- Days 5-6: Workshop on Proper Nutrition and Diet Modification
- Day 7: Summary of Activities, Questions, and Discussion

# Lecturers

- Prof. dr. Aelita Bredelyte



- Mr. Andrej Popov



# **Day 1: Kick-Off Meeting, Lecture, and Presentation**

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# Welcome Message and Introduction to the Workshop

## Warm Welcome

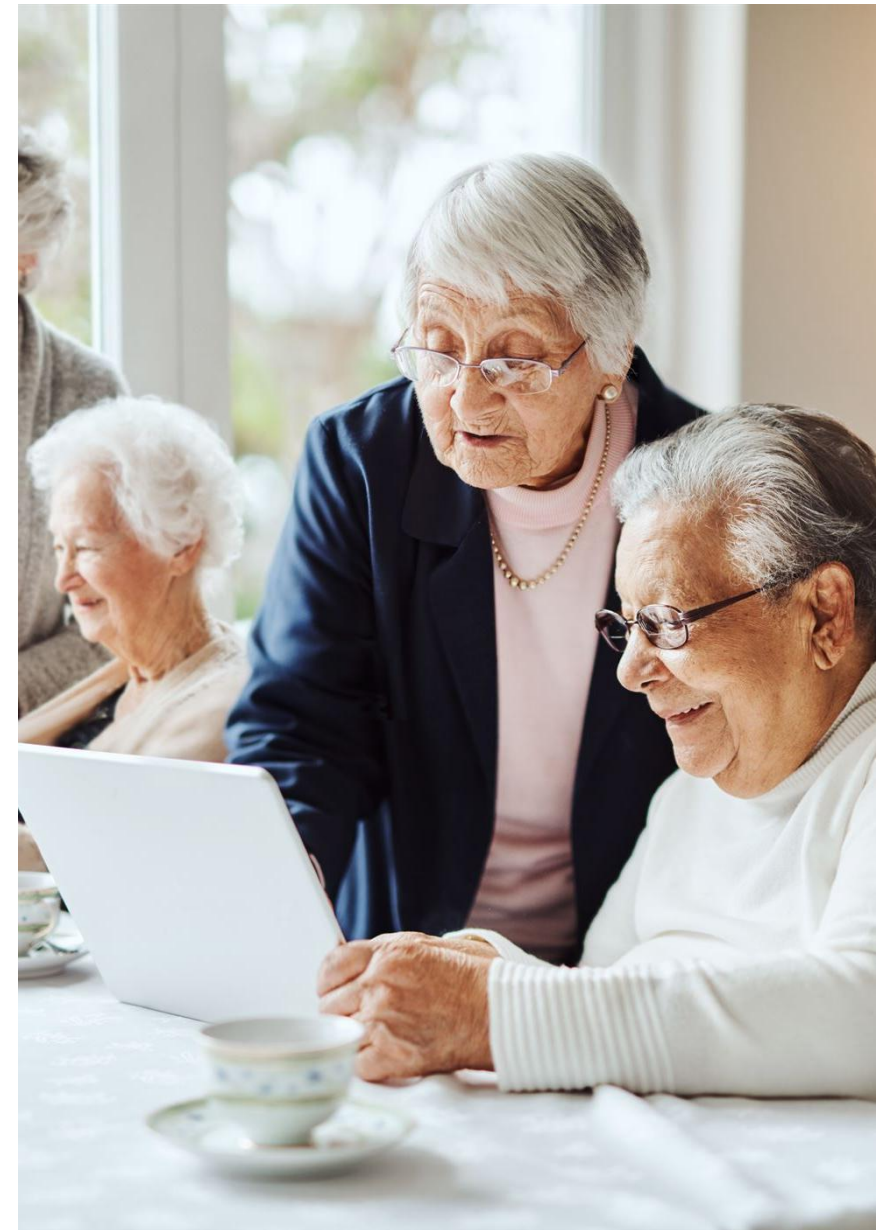
We will begin the workshop with a warm welcome to create a friendly atmosphere for all participants.

## Workshop Vision

The workshop's vision is focused on enhancing seniors' well-being by promoting education and active engagement in community activities.

## Encouraging Participation

Active participation is key to the workshop, encouraging seniors to share their experiences and learn from each other.



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# Objectives of the Workshop

## **Spinal Health Awareness**

Increasing awareness of spinal health is crucial for preventing injuries and promoting overall well-being.

## **Nutritional Needs**

Understanding nutritional needs is essential for maintaining spinal health and supporting the body's functions.

## **Assistive Devices**

Promoting the use of assistive devices like the Smovey can enhance spinal therapy and improve mobility.



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# Overview of Spinal Disorders in Seniors

## Common Spinal Disorders

Herniated discs and osteoarthritis are prevalent spinal disorders among seniors, impacting their mobility and quality of life.

## Prevalence in Seniors

These disorders are increasingly common among the elderly, making understanding them essential for healthcare providers.

## Management and Treatment

Effective management and treatment strategies for spinal disorders can significantly improve the quality of life for seniors.



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# Treatment Options and Best Practices



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## Physical Therapy

Physical therapy is a key treatment option that helps improve mobility and strength in patients with spinal disorders through targeted exercises and rehabilitation.

## Medication Options

Medications can be used to manage pain and inflammation associated with spinal disorders, providing relief and improving quality of life.

## Surgical Interventions

Surgical interventions may be necessary for severe spinal disorders when conservative treatments are ineffective, helping to alleviate symptoms.

## Best Practices

Employing best practices in managing spinal disorders can enhance treatment outcomes and improve patient care through comprehensive approaches.



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# Importance of Proper Nutrition for Seniors

## **Role of Nutrition in Aging**

Proper nutrition is essential for maintaining overall health, vitality, and wellness in seniors as they age.

## **Spinal Health Connection**

Nutrition significantly impacts spinal health, helping to prevent complications and maintain mobility in older adults.

## **Hydration Importance**

Adequate hydration is critical for seniors, as it supports digestion and overall bodily functions, especially as we age.

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# Common Nutritional Issues in Seniors

## Malnutrition in Seniors

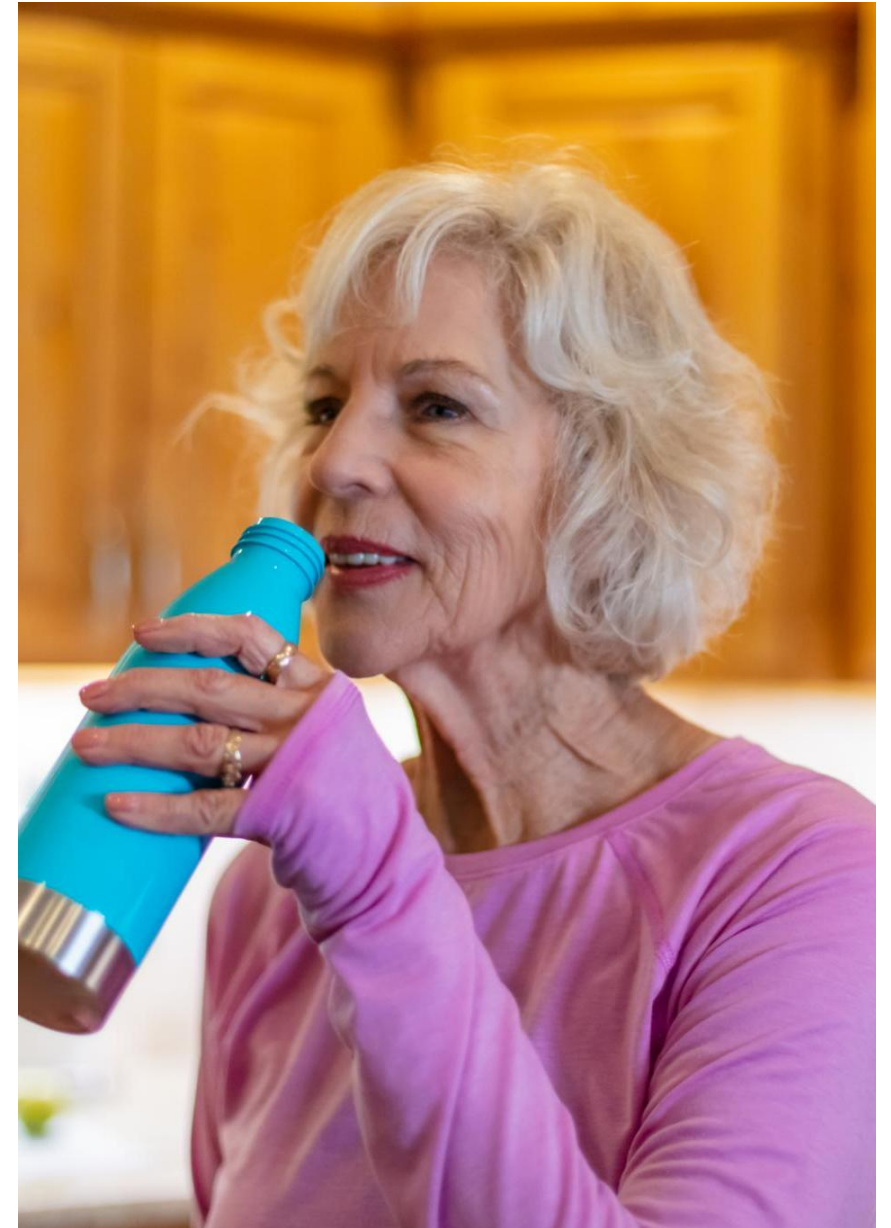
Malnutrition is a significant issue among seniors that can arise from inadequate dietary intake or absorption of nutrients.

## Dehydration Risks

Seniors are at a higher risk for dehydration, which can lead to serious health complications and should be monitored closely.

## Implications on Health

Nutritional issues can significantly impact overall health and quality of life for seniors, leading to increased morbidity.



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# Strategies for Improving Eating Habits

## **Incorporating Nutritious Foods**

Learn how to integrate more fruits, vegetables, and whole grains into daily meals for better nutrition.

## **Meal Planning Tips**

Discover practical meal planning strategies that help to maintain a balanced and nutritious diet throughout the week.

## **Mindful Eating Practices**

Explore mindful eating techniques to help you enjoy meals more and make healthier choices.



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# Questions and Discussion Points

## Open Forum

Encouraging participants to ask questions creates an open and collaborative atmosphere for discussion.

## Engagement in Topics

Participants can engage in discussions about the topics covered, enhancing understanding and learning.

## Shared Learning

Fostering shared learning helps participants to learn from each other's experiences and perspectives.



**Days 2-4:  
Workshop on  
Therapy of Spinal  
Disorders Using  
Smovey Device**

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# What Is a Smovey Device?

## **Versatile Therapy Tool**

The Smovey device is designed for versatility in physical therapy, aiding various exercises and rehabilitation techniques.

## **Spinal Therapy Applications**

The Smovey is particularly effective in spinal therapy, helping to improve mobility and relieve discomfort.

## **Enhanced Exercise Experience**

Using the Smovey can enhance the exercise experience, providing support and encouragement for physical activity.

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# Benefits of Using Smovey Device for Spinal Therapy

## Improved Mobility

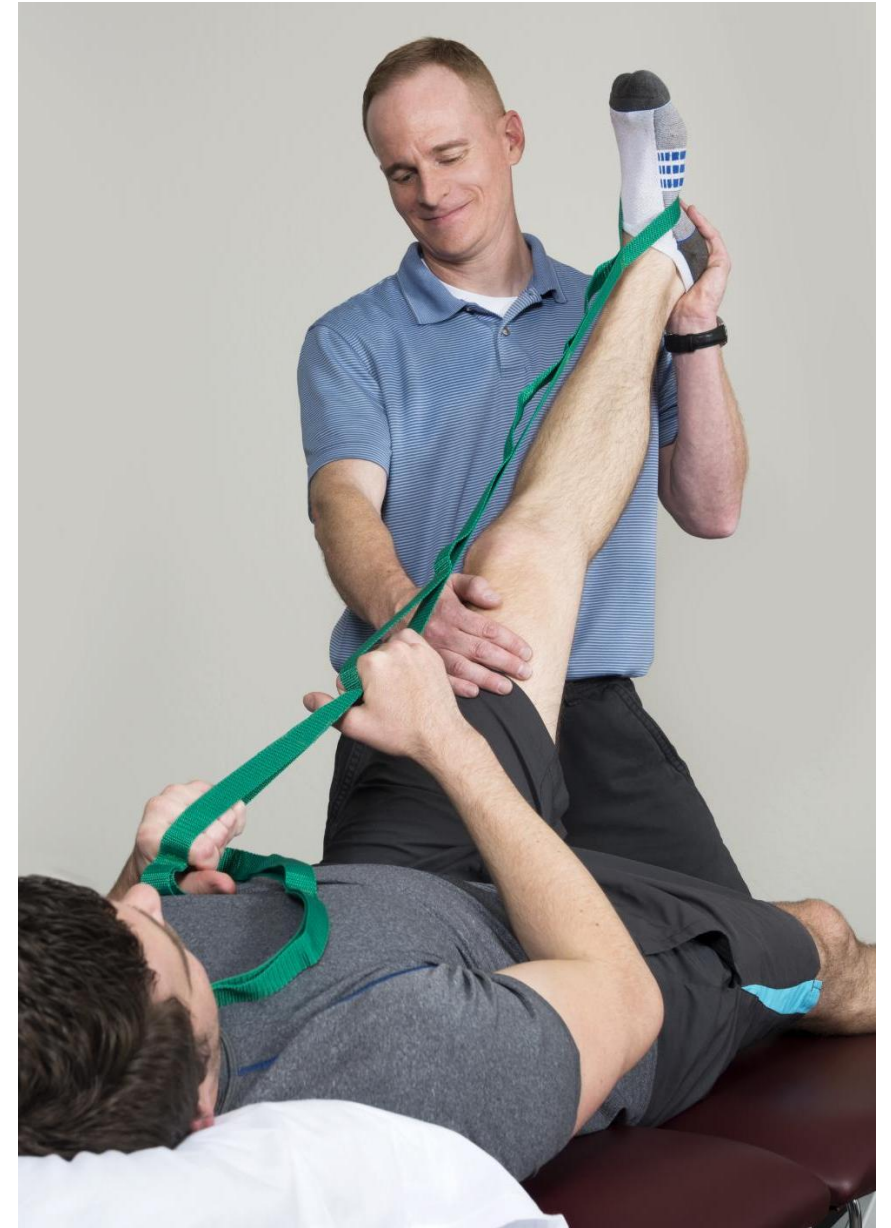
Using the Smovey device can significantly enhance mobility and flexibility in users, facilitating easier movement.

## Pain Reduction

Regular use of the Smovey device can help alleviate pain, particularly in the back and joints, promoting overall comfort.

## Enhanced Physical Fitness

The Smovey device supports various physical activities that can lead to enhanced fitness levels and better overall health.





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# Demonstration of Exercises

## **Proper Exercise Techniques**

The demonstration will highlight the correct techniques for using the fitness device to maximize benefits and avoid injuries.

## **Effectiveness of the Device**

Participants will see firsthand how the fitness device can enhance workouts and improve physical performance through its innovative design.

## **Live Demonstration**

A live demonstration will engage participants, allowing them to experience the exercises and device effectiveness in real-time.

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# Step-by-Step Guide to Using Smovey Device



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## Introduction to Smovey

Begin by understanding the Smovey device, its features, and benefits for enhancing physical activity.

## Proper Grip Technique

Learn the correct way to grip the Smovey device for optimal effectiveness and safety during use.

## Basic Movement Patterns

Practice the fundamental movement patterns while using the Smovey device to maximize benefits and enjoyment.

## Safety Tips

Follow safety guidelines to ensure a safe experience while using the Smovey device during sessions.

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# Safety Precautions and Tips

## Importance of Safety

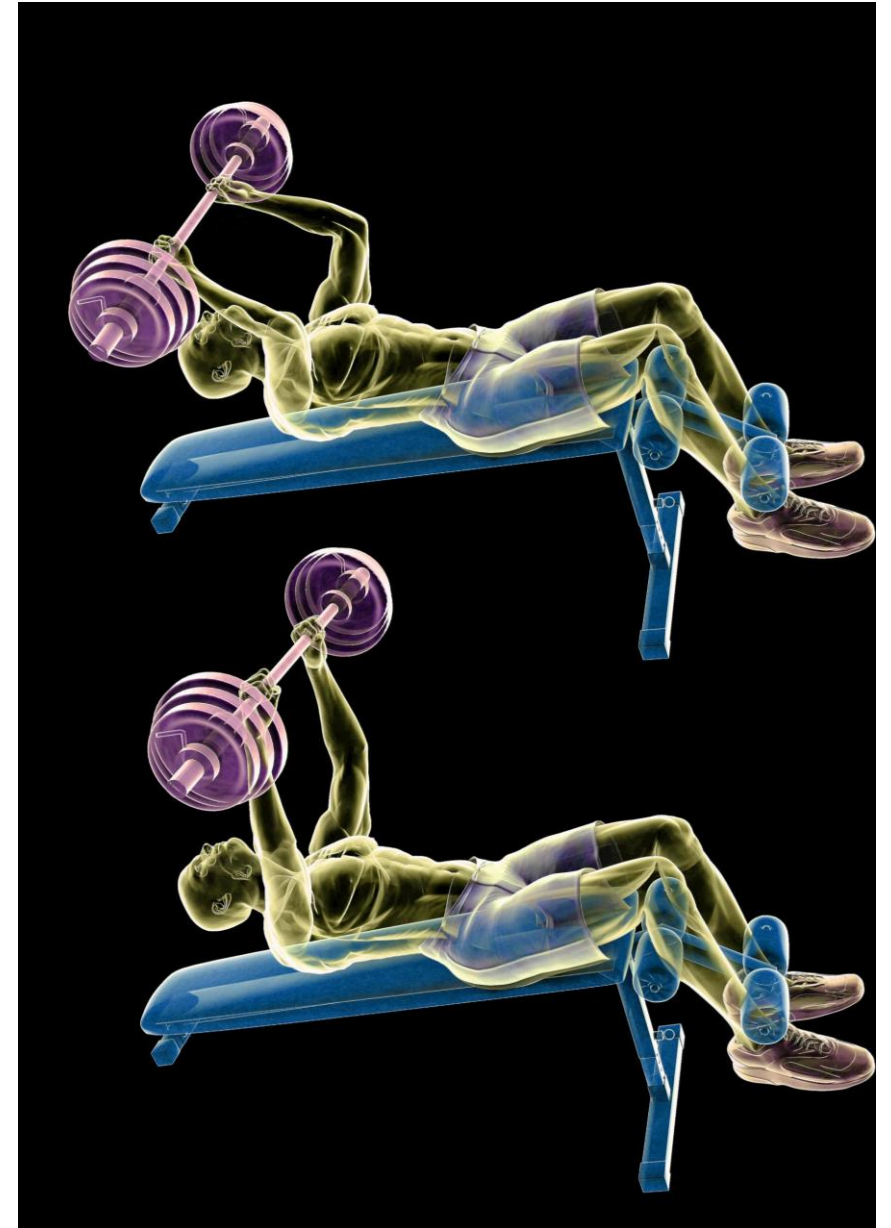
Safety is paramount when using exercise devices, ensuring a secure and effective workout experience.

## Essential Precautions

Identify and implement essential precautions when using the Smovey device to avoid injuries and enhance performance.

## Maximizing Benefits

Learn tips for maximizing the benefits of the Smovey device while maintaining safety and effectiveness during workouts.





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# Feedback and Adjustments

## **Collecting Participant Feedback**

We will actively collect feedback from participants regarding their experiences using the Smovey device to enhance the program.

## **Analyzing Feedback**

The feedback gathered will be analyzed to identify common themes and areas for improvement in the program.

## **Implementing Adjustments**

Based on the feedback, necessary adjustments will be made to optimize the Smovey program for better participant experience.

**Days 5-6:  
Workshop on  
Proper Nutrition  
and Diet  
Modification**

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# Key Nutrients for Seniors



## Importance of Proteins

Proteins are essential for maintaining muscle mass and supporting overall health in seniors, helping prevent frailty and weakness.



## Essential Vitamins

Vitamins play a crucial role in various bodily functions, including immune support and bone health, which are vital for seniors.



## Key Minerals

Minerals such as calcium and potassium are important for bone health and cardiovascular function, essential for aging adults.



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# Dietary Guidelines and Recommendations

## **Balanced Nutrition**

Seniors require balanced nutrition to maintain health and energy levels, focusing on key food groups.

## **Managing Dietary Restrictions**

Dietary guidelines should account for common restrictions such as low sodium or low sugar diets for seniors.

## **Hydration Importance**

Staying hydrated is crucial for seniors, especially as their sense of thirst may diminish with age.

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# Foods that Help Reduce Pain

## **Anti-inflammatory Foods**

Certain foods have anti-inflammatory properties that can help reduce pain and improve overall health.

## **Healthy Fats**

Incorporating healthy fats into your diet can help reduce inflammation and support spinal health.

## **Hydration and Pain Relief**

Staying hydrated is essential for reducing pain and inflammation in the body, promoting better spinal health.



# Creating a Balanced Diet Plan

## Nutritional Needs of Seniors

Understanding the unique nutritional requirements of seniors is essential for promoting health and wellness as they age.

## Components of a Balanced Diet

A balanced diet should include a variety of food groups such as fruits, vegetables, whole grains, and lean proteins.

## Meal Planning Strategies

Implementing effective meal planning strategies helps ensure that seniors receive all necessary nutrients in their daily intake.





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# Cooking Demonstrations

## **Live Cooking Demonstrations**

Engaging live cooking demonstrations will showcase how to create meals in real-time, enhancing learning experiences.

## **Nutritious Meal Preparation**

Participants will learn to prepare meals that adhere to dietary guidelines, promoting health and wellness through cooking.

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# Recipes and Meal Planning

## Healthy Recipes

Participants will receive a variety of healthy recipes that are easy to prepare and delicious.

## Meal Planning Tips

Meal-planning tips will help participants organize their meals for the week, ensuring balanced nutrition.

## Incorporating Healthy Foods

Learn how to incorporate more fruits, vegetables, and whole grains into daily meals for better health.



# **Day 7: Summary of Activities, Questions, and Discussion**

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# Summary of Key Points From Each Day



## Day 1 Highlights

The first day focused on introductory topics and foundational concepts essential for the workshop.



## Day 2 Topics

The second day delved into advanced techniques and strategies to build on the foundation set earlier.



## Day 3 Review

The final day emphasized practical applications and real-world examples to consolidate the learning experience.

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# Highlights and Achievements

## Participant Achievements

We will showcase the significant achievements participants have made during the workshop, highlighting individual contributions.

## Engagement Recognition

Recognizing the high level of engagement displayed by participants throughout the workshop is essential to celebrate learning and growth.

## Learning Outcomes

We will discuss the learning outcomes that participants have achieved, emphasizing their personal and professional growth.



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# Questions and Feedback From Participants

## **Open Forum**

This segment allows participants to express their opinions and insights regarding the workshop.

## **Questions and Clarifications**

Participants are encouraged to ask questions to clarify any doubts they may have about the workshop content.

## **Gathering Feedback**

Feedback is collected to assess the effectiveness of the workshop and identify areas for improvement.



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# Future Steps and Follow-Up Activities

## Health and Wellness Support

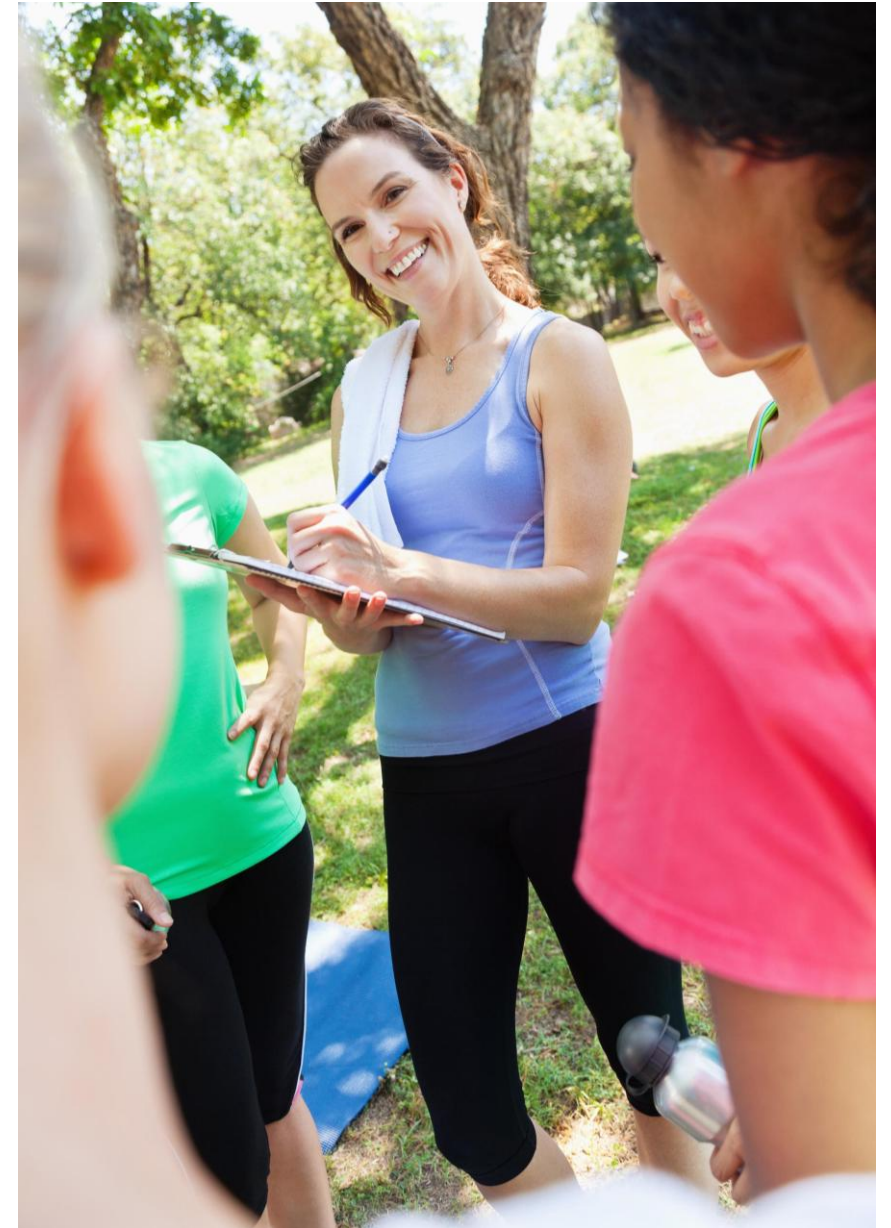
Participants should focus on continuous support for their health and wellness journeys through community engagement and resources.

## Setting Future Goals

Encouraging participants to set realistic health goals for the future to maintain motivation and progress.

## Follow-Up Activities

Plan regular follow-up activities to keep participants engaged and accountable in their health and wellness plans.



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# Thank You and Contact Information



We sincerely thank all participants for their active engagement and contributions during the workshop.

## Contact Information

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