

activity of moderate intensity and muscle-strengthening activities interspersed with aerobic activity of vigorous intensity. The training was the basis for the preparation in a competition that took place in each country. The control group (CG) received the advice to practice regular PA. Upper limb muscle strength (Handgrip Test) was measured as primary outcome.

Results:

One year follow-up analysis were conducted on 76 participants, 52 in EG and 24 in CG (mean age: 71±6.7) using ANOVA and ANCOVA to test the effects of the intervention. The EG significantly improved upper limb muscle strength (1.9±2.8) vs CG significantly worsened (-1.9±3.5). After adjusted for unbalanced variables, the comparison between groups showed a significant effect of intervention on handgrip test (p value=0,012).

Conclusions:

”IN COMMON SPORTS” project has significantly improved handgrip strength in Italian participants. This test has shown to be a proxy of decline in cognition, mobility, functional status and mortality in older community-dwelling populations.

Key messages:

- IN COMMON SPORTS promotes active lifestyle in senior citizens bringing them closer to sport activities.
- The project has proven to be effective in improving handgrip strength.

Health impact of an intervention sport-competition-based in elderly: the “In-Common sport” project

Laura Dallolio

L Dallolio¹, S Colaci², A Masini¹, S Marini¹, JM Cancela-Carra³, P Bezerra⁴

¹Department of Biomedical and Neuromotor Sciences, University of Bologna, Bologna, Italy

²Department of Life Quality Studies, University of Bologna, Rimini, Italy

³Department of Special Didactics, University of Vigo, Vigo, Spain

⁴Instituto Politecnico de Viana do Castelo, Viana do Castelo, Viana do Castelo, Portugal

Contact: laura.dallolio@unibo.it

Background:

The health benefits of a regular physical activity (PA) in older people are well known but the majority of older people in Europe do not meet the recommended levels to maintain health. How to promote a regular PA in elderly is a responsibility and a challenge for Local Authorities. “IN COMMON SPORTS-Intergenerational Competition As Motivation For Sport And Healthy Lifestyle Of Senior Citizens” is a three year Erasmus+ Sport project which promotes active lifestyle in senior citizens bringing them closer to sport activities. The project involved five countries: Portugal, Italy, Spain, Bulgaria and Hungary. The aim of the study is to present one-year follow-up data of the Italian sample.

Methods:

Quasi-experimental study with 121 participants over 60-aged recruited in Cesena (Italy) through newspaper advertising. The experimental group (EG) attended twice a week structured training sessions for two years. Sessions included aerobic