

	Material during the course	Additional material forseniors	Additional material for instructors	Homework
Wholecourse	-	-	000_Material whole course Handout MUSIC	-
Before the start of the course	-	Others: 00_Active I registration form	-	-
Day 01	PA: 01_Material Day 01 "Poster Structure PA units" 02_Material Day 01 "Pictures PA" 03_Material Day 01 & 02 "Instruction Breath Relaxation" Others: 04_Material Day 01 "Posters Motivation & Expectation"	Others: 05_Material Day 01 "Hand out course overview"	PA: 06_Material Day 01 "Hand out Pulse Measurement"	PA: 07_Material Day 01 "Worksheet Reflection First PA"
Day 02	PA: 08_Material Day 02 "Test Sheet" Nutrition: 09_Material Day 02 "Posters like" 10_Material Day 02 "Posters not like" 11_Material Day 02 "Posters regular" 12_Material Day 02 "Pictures Food"	Nutrition: 13_Material Day 02 "3 Day Food Record"	-	PA: 14_Material Day 02 "Work Sheet Intentions for PA" Nutrition: 15_Material Day 02 "Work Sheet intention for nutrition 1"
Day 03	Others/PA: 16_Material Day 03 "Work Sheet Plans for PA" Nutrition: 17_Material Day 03 "Recipe starter" 18_Material Day 03 "Recipe main course" 19_Material Day 03 "Recipe	Nutrition: 20_Material Day 03 "Hand out reduce salt intake" Wellbeing: 21_Material Day 03 "Hand out CBT Model"	-	Wellbeing: 22_Material Day 03 "Work sheet state exercise mental wellbeing"

	dessert"			
Day 04	PA: 23_Material Day 04 "Hand out Heart rate" 24_Material Day 04 "Sheet Pulse Protocol"	PA: 25_Material Day 04 "Daily exercise routine PA"	-	PA: 26_Material Day 04 "Work Sheet Endurance training" Mental Wellbeing : 27_Material Day 04 "Hand out ERBR & ERBR + PMR"
Day 05	PA: 28_Material Day 05 "Poster Difficulty of Exercise Scale Others: 29_Material Day 05 "Poster target circle" 30_"Feedback and evaluation questionnaire compact week"	-	-	-
Week 01-1	PA: 31_Material Week 01-1 "Sheet Pulse Protocol"	PA: 32_Material Week 01-1 "Hand out endurance training"	-	Mental Wellbeing : 33_Material Week 01-1 "ERBR, mindfulness, breathing"
Week 01-2	PA: 34_Material Week 01-2 "Hand out Falls: General Information" Nutrition: 35_Material Week 01-2 "Poster Food Pyramid" 36_Material Week 01-2 "Poster Food Pyramid Ireland" 37_Material Week 01-2 "Poster Food Pyramid Italy" 38_Material Week 01-2 "Poster Food Pyramid Spain" 39_Material Week 01-2 "Poster Food Pyramid Poland"	Nutrition: 40_Material Week 01-2 & 02-2 "Hand out information nutrition"	-	Nutrition: 41_Material Week 01-2 "Work Sheet Reflection Eating"
Week 02-1	-	-	-	Mental Wellbeing: 42_Material Week 02-1 "Work Sheet Mood Meter"
Week 02-2	Nutrition:	-	-	-

	43_Material Week 02-2 "Work sheet Energy Content of Food" 44_Material Week 02-2 "Hand out Energy Content of Food"			
Week 03-1	Wellbeing: 45_Material Week 03-1 "Work Sheet Cartesian plane"	-	-	PA: Material Week 03-1 46_"Work Sheet My highlights"
Week 03-2	Nutrition: 47_Material Week 03-2 "Posters eating at rest"	-	-	PA: 48_Material Week 03-2 "Work Sheet Reflection Qigong"
Week 04-1	PA: 49_Material Week 04-1 "Pictures track dance" 50_Material Week 04-1 "Journey of imagination"	-	-	MW: 51_Material Week 04-1 "Hand out 3 Minute Technique"
Week 04-2	Nutrition: 52_Material Week 04-2 Work Sheet "Food tasting"	-	-	-
Week 05-1	-	MW: 53_Material Week 05-1 "Hand out Standing breathing exercise_Archer"	-	PA: 54_Material Week 05-1 "Work Sheet Reflection Outdoor activities"
Week 05-2	PA: 55_Material Week 05-2 "Poster Arguments for brain training" Nutrition: 56_Material Week 05-2 "Recipe bread" 57_Material Week 05-2 "Recipe spreads quark" 58_Material Week 05-2 "Recipe spreads veggie"	-	-	-
Week 06	-	-	-	-
Week 07-1	-	-	-	-
Week 07-2	Nutrition: 59_Material Week 07-2 "Poster	-	-	Nutrition: 62_Material Week 07-2 "Work

	body" 60_Material Week 07-2 "Poster coping alternatives" 61_Material Week 07-2 "Posters coping usual"			sheet intention for nutrition 2"
Week 08-1	PA: 63_Material Week 08 "Work Sheet Fall Risk Assessment"	-	PA: 64_Material Week 08 "Exercises get up from the ground" 65_Material Week 08 "Brochure Check for Safety" 66_Material Week 08 "Otago Home Exercise Programme" (optional)	Mental Wellbeing: 67_Material Week 08-1 "Hand out Standing strength"
Week 08-2	See above	-	seeabove	-
Week 09-1	PA: 68_Material Week 09 "Work Sheet Barriers for PA"	-	-	-
Week 09-2	Nutrition: 69_Material Week 09-2 "Poster instead"	-	-	-
Week 10-1	PA: 70_Material Week 10-1 "Handout Journey of imagination"	-	-	-
Week 10-2	Others: 71_Feedback and evaluation questionnaire follow up week	-	Others: 72_Feedback and evaluation questionnaire instructors	-