

Aerobics for seniors in Udine, Italy



A 5-week intervention of Aerobics for seniors took place at Università delle LiberEtà (Udine, Italy) from August to September 2025. 10 participants over 55 years old were involved in the experience, carried out by a trainer with more than 20 years of experience in physical activities courses for adults and seniors. The activities focused on the benefits of keeping active while ageing and on fostering the usefulness of wearables in aerobics. Participants realized quickly they could be healthier and have fun while learning new digital competences.

Testimonials from participants

"I think it is a bit difficult for people our age to use smart devices but it was easier sharing the experience with a group of people of the same age and learn together"

Carla, 73

"Our trainer helped us a lot so we were able to understand how smart watches work and how to check the results of our physical activity"

Antonella, 68

"For retired people like me it's very important to socialize in order to avoid loneliness so the best part was confronting the results with other participant and share the experience "

Elisabetta, 69