

## 🌿 Active Ageing in Kistarcsa, Hungary: Moving with Energy and Technology 🌿



From August to September 2025, Kistarcsa hosted a 5-week fitness program for adults aged 60+ organised by Trebag Ltd. Twice a week, participants came together – one day for dance, another for Nordic walking – combining fun, movement, and social connection.

Using smart wearables like fitness trackers and smart scales, they monitored their activity and progress, learning how technology can support an active lifestyle.

The program showed how blending exercise, technology, and community can empower older adults to stay active and connected.

### 💬 What Participants Said

*“I was having a great time and explored the possible usage of the smart watch... I’m not doing it at an advanced level yet, but I’m not giving it up.” Judit, 74*

*“Thank you for being able to participate and learn how to do Nordic walking, dance new choreographies, and analyze the data of the smart watch... It made me move, made me motivated.” Sanyi 78*