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# IKIGAI55 SMART SILVER SPORTS FACILITATION GUIDELINES

**Empowering Trainers to Unlock  
Active Ageing with Smart Wearables**

**Written by IKIGAI55 Project Partnership  
WP3 - Deliverable 3.1**

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**IKIGAI55**

Life has a meaning

# WELCOME TO THE SMART SILVER SPORTS FACILITATION GUIDELINES



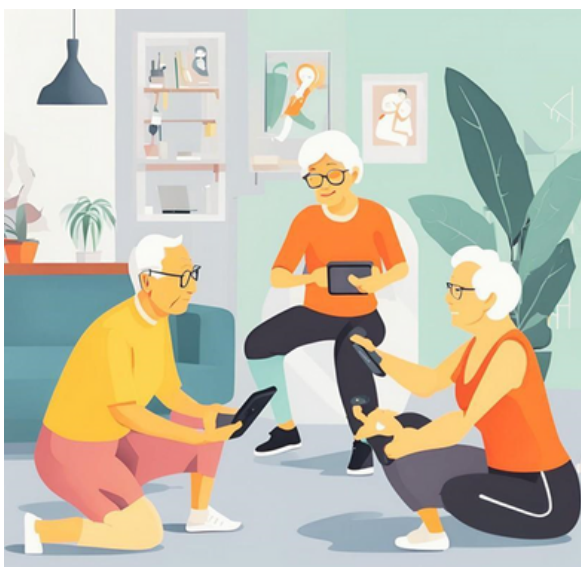
Your **essential resource for transforming fitness programs for older adults through the power of wearable technology**. This guide is specifically designed for trainers like you who are passionate about making a difference in the lives of seniors aged 55+ by promoting active, healthy lifestyles, and gives some hints about the information you can further find in **IKIGAI55 Motivational Handbook** and **IKIGAI55 Trainers Guide**.



As the demand for inclusive, tech-enhanced fitness solutions grows, trainers must **adapt to new tools and methods**. Smart wearables are not just gadgets; they are **game-changers that can revolutionize motivation, engagement, and progress tracking**. By integrating these technologies, you can bridge gaps in mobility, digital literacy, and motivation, creating impactful, sustainable programs (W. Prasastiningtyas, 2024)



Seniors with low activity levels could be significantly benefited from the usage of wearable activity tracking devices, by improving their activity levels and therefore their physical condition, as well as their mental state, self-confidence, and perceived quality of life (Abouzahra & Ghasemaghaei, 2020).



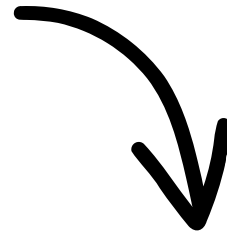
With **practical strategies, actionable tips, and real-world insights**, these guidelines provide you with the **tools to lead the way in active aging**. From selecting the right wearables to fostering long-term motivation, this guide ensures you're equipped to empower your clients every step of the way. Let's redefine senior fitness together.

# CORE PRINCIPLES



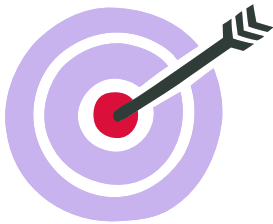
## CLIENT-CENTERED DESIGN

Develop fitness programs that align with the unique needs, goals, and capabilities of older adults. Tailor activities to suit individual preferences and ensure inclusivity.



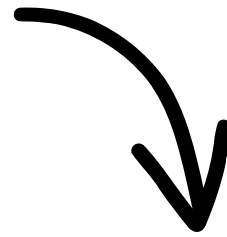
## EASE OF ACCESS

Simplify technology use to ensure every participant can comfortably engage, regardless of their digital proficiency. Provide hands-on training and continuous support.



## INSPIRING MOTIVATION

Use wearables as tools to spark excitement, sustain participation, and celebrate milestones. Integrate social elements like group challenges to maintain engagement.



## SAFETY AND PROGRESS

Leverage wearables to monitor vital signs, minimize risks, and adapt programs based on real-time data. Encourage participants to share feedback to complement data insights.



# SELECTING THE RIGHT WEARABLES

**Smart wearables are the foundation of modern senior fitness programs. Choosing the right device is crucial:**



## Simplicity

Devices should have intuitive interfaces, large screens, and minimal setup. Ensure participants feel comfortable using the device independently.



## Key Features

Opt for step tracking, heart rate monitoring, fall detection, and personalized alerts. These features support safety and provide measurable results.



The shift toward data-driven healthcare could lead to more proactive management of age-related conditions (Frey-Law et al., 2024) and allow frail older adults to participate in fitness sessions with more safety.



## Durability and Comfort

Lightweight designs with adjustable straps ensure long-term use and minimize discomfort during activities.

## Top Recommendations



**Fitbit Inspire 3:** Ideal for seniors, offering step tracking, reminders to move, and a simple interface. Learn more at [Fitbit Inspire 3](#).

**Garmin Vivosmart:** A versatile wearable that tracks steps, heart rate, and stress levels, with advanced health insights. Details at [Garmin Vivosmart](#).

**Apple Watch 6+:** Combines ease of use with advanced functionality, including fall detection and ECG monitoring. Explore at [Apple Watch](#).

**For more information about wearables go to IKIGAI55 Trainers Guide, page 22**

# TRAINING OLDER ADULTS

**As a trainer of older adults, you shall keep in mind the following hints...**

## Fears of older adults

When trying physical activity, elderly people have fear of falling, of injuries or pain, of fatigue and loss of energy and fear of embarrassment

## Aspirations of older adults

Most common aspirations among older adults are to preserve health and mobility, improve psychological well-being and social connection.

## Simple Start

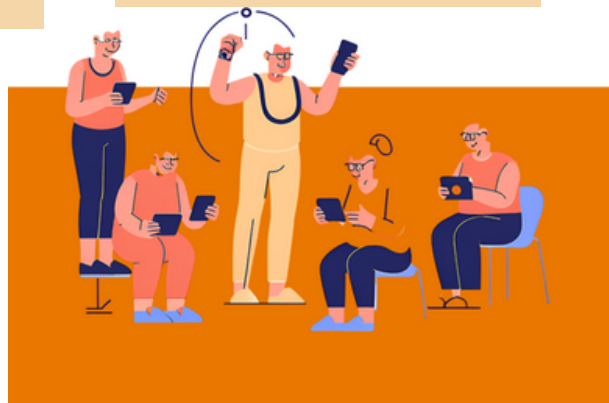
Begin with basic wearable features like step counting to build confidence. Introduce new features gradually to avoid overwhelming participants

## Interactive learning

Host engaging workshops where participants can practice using wearables in a supportive environment. Incorporate peer learning to foster camaraderie.

## Empathy First

Address concerns about technology openly, highlighting how wearables can enhance their health and safety. Use relatable success stories to build trust and interest.



## Pro Tip

**Pair wearable usage with fun challenges, like “Step of the Week”, or group walking events to create excitement and community spirit.**



# DESIGNING SMART SPORTS PROGRAMS

**The key to long-term success is to create engaging personalized programmes**



## Tailored Workouts

Use wearable insights to customize exercises, ensuring they meet individual fitness levels and health conditions. For instance, adjust intensity based on heart rate zones.

## Gamified Goals

Introduce elements like leaderboards, streaks, and badges to make fitness fun and competitive. Encourage friendly competition in group sessions.

## Real-Time Feedback

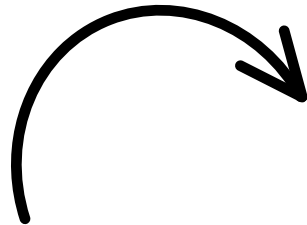
Celebrate progress with participants by showing how their efforts translate into measurable health benefits. Use visual representations of data to highlight achievements.

## Top Recommendations



- Create **personalized exercise plans for older adults**, recognizing that each individual has unique fitness levels and health conditions.
- There is a need for seniors to have a **health check-up before starting any exercise program** to ensure safety and effectiveness.
- **Smart wearables are valuable tools** that help monitor progress, track fitness levels, and provide real-time feedback, making it easier **for trainers to adjust exercise plans as needed**.

# MOTIVATION STRATEGIES AND INSIGHTS



## Understanding Motivators

A commitment to physical activity is crucial on the long run. According to studies (Deci&Ryan) this could be achieved via extrinsic or intrinsic motivations. While both have their roles in motivation, the shift from extrinsic motivation to intrinsic is desirable. You, as a trainer should emphasize the joy of movement and achievable goals to foster commitment. Engaging in enjoyable activities, such as group dances or scenic walks, helps seniors associate exercise with positive emotions, boosting adherence

## Extrinsic Motivation

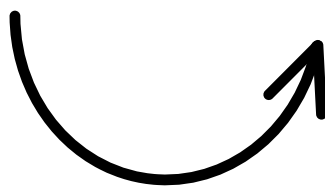
Older adults often need external encouragement, such as:

- **Social Recognition:** Publicly celebrating milestones.
- **Tangible Rewards:** Offering gym discounts or prizes for participation.
- **Health Improvements:** Highlighting measurable health benefits like lowered blood pressure or improved stamina.



## Intrinsic Motivation

According to Deci and Ryan's Self-Determination Theory, intrinsic motivators like personal enjoyment and the desire for mastery lead to sustained physical activity.



# BEST PRACTICES



## Collaborate in groups

Encourage friendly competition and camaraderie in group settings. Create shared goals that participants can achieve together, such as "group step challenges."

## Golden Rule

Celebrate effort as much as outcomes to foster a positive and supportive environment. Acknowledge participants' commitment to improvement, regardless of the pace of progress.

1

## Motivate with milestones

Highlight small wins regularly to maintain enthusiasm. For example, celebrate when participants achieve 10,000 steps for the first time or complete a week of daily activity.

2

## Leverage data

Use wearable analytics to adapt plans dynamically and demonstrate progress tangibly. Share personalized feedback during sessions to reinforce motivation.

3

4





# ADVANCED APPLICATIONS OF TECHNOLOGY

## Integrating Smart Tools

Smart wearables like Garmin or Apple Watch offer real-time feedback on key metrics like heart rate, step count, and calorie burn. These tools empower trainers to monitor progress dynamically, adjust intensity, and ensure safety during sessions.



## Blending Digital and Classical Approaches

You can combine digital gamification tools (e.g., apps) with traditional methods like group exercises. Apps like Strava enable friendly competition through leaderboards, while trainers can use in-class challenges to complement home workouts.

## Mindfulness in Training

Mindfulness techniques combined with physical activity reduce stress and enhance focus. Encourage older adults to practice mindfulness during walks or yoga sessions—through deep breathing or focusing on their surroundings—creates a more enriching and calming experience.

By integrating **mindfulness, gamification, and smart technologies** effectively, you, as a trainer, can **enhance motivation, improve adherence, and create enriching experiences** for older adults, **fostering long-term engagement and holistic well-being.**

## Insights from Gamified Design

Gamification has proven to reduce anxiety and improve engagement among older adults. By creating a "game mindset," participants often forget external stressors and focus solely on the activity, achieving a flow state conducive to sustained participation.

## Gamification in Senior Training

Adding gamified elements to workouts makes physical activity engaging and fun. Strategies include:

- Epic meaning and calling.
- Accomplishment and development.
- Social interaction



## Practical Implementation Tips

- Dedicate time to familiarize seniors with technology,
- Incorporate rewards to celebrate achievements and encourage ongoing participation .
- Innovate by merging creative analog elements with digital tools for a well-rounded training experience

# CASE STUDIES



## Learn from real-world success stories



### 6-0! Erasmus+ Project

6-0! Project aim was to **impact on health and wellbeing of European aging citizens** through recreational football and to describe scalable best practices to other sports. The Erasmus+ project **demonstrated how real-time health monitoring helped older adults with chronic conditions safely participate in physical activities** like recreational football, as well as **how technology helped participants keep on training at home during the COVID19 confinement.**

If you want to learn more about it, visit the [6-0! guidebook](#).

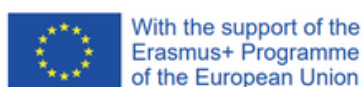
POSITIVE

### Positive AAL Project

POSITIVE aimed to solve loneliness of the seniors caused not by social isolation resulting from immobility – but by a lack of a meaningful purpose in life or disconnection and boredom even when active around people.

The AAL project demonstrated how **group activities combined with wearable tech reduced social isolation and boosted engagement**, assisting in everyday activities and **invigorating mental challenges and wellbeing.**

To learn more about the project, visit [Positive AAL](#)



Physical activity can help seniors maintain and improve physical abilities and well-being, such as increased muscle strength, maintained flexibility, reduced risk of falling, and lower health risks such as heart disease, diabetes, and osteoporosis; it can also influence mental health and cognitive ability, and decrease the risk of depression, improving in general seniors' quality of life, help them maintain a longer independent life, and reduce the load on public health systems (Araullo & Potter, 2016; Vargemidis *et al.*, 2020; WHO, 2023).



## Trainer insight

Social engagement is a multiplier for success. Wearables with sharing features create bonds that drive participation and foster accountability within groups



# CONTACT



Curious about enhancing your fitness journey with smart technology?  
Reach out to us and explore how you can join our senior-friendly programs!

## Stay Connected:

Learn more about **IKIGAI55 Motivational Handbook** and **IKIGAI55 Trainers Guide** and discover additional resources and join the movement at



**Let's innovate together!**



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