Introduction
Aging well represent great challenges for both individuals and societies. It is well known that a physically active life will in general improve the performance in physical functions, significantly reduce the risks for cardiovascular diseases, the onset of dementia, diabetes 2, etc. Thus the important questions become: how to get people motivated to exercise and move on a continuous basis; and how to find the optimal exercises, or physical activities, for each person?

Purpose
The aim is to get people to become more physically active, and thus in the end also improve their health and quality of life. A big challenge is to find ways to get people motivated to adhere to a more active life style.

Participants
Participants were residents in a Finnish municipality born in 1947 invited via letters sent to a random subpopulation. About 35 % responded giving N = 149 (84F, 65M, all of age 65 y).

Methods
The study was based on the Welmed™ labs [1] pre-test and post-test (Fig. 1) and an intervening training period of about 10 weeks. The tests included an interview, a health status assessment, measurements of muscular strength, body composition, balance, fitness level, and a life quality questionnaire (Figs 1, 2). The personal exercise program included home exercises (based on the PhysioTools software [2]) as well as workouts at the gyms.

Results
Comparison of pre- and post-tests showed some improvements in physical functions, physical activity and fitness such as muscle strength (Figs 4, 5).

Discussion & Conclusions
We believe this innovation has possibilities as a low cost preventive action to get seniors motivated to exercise and be physically active. Some of the improvements are probably due to learning effects. To obtain permanent gain in e.g. muscle strength and muscle mass increase may require progressive exercise or high intensity training periods once or twice a year. These aspects will be addressed in the next studies.

Recommendations
1) Use pre-test and post-test with an intervention period between. 2) Use pre-test results to set quantitative targets for training and to select proper exercises. 3) Use post-test results to evaluate the effects of the training, and the need to tune the exercises. 4) Ask the participant to keep a diary of daily exercises and physical activity. This has also motivational value.

Notes

Acknowledgements
Project Profy65 was funded by the Council of Central Ostrobotnia and the municipality of Kokkola, Finland. Presented at the WCPT Congress 2015, Singapore.

Contact details
Email: gerd.laxaback@chydienius.fi
PB 567, KYC, FIN-67701 Kokkola, Finland