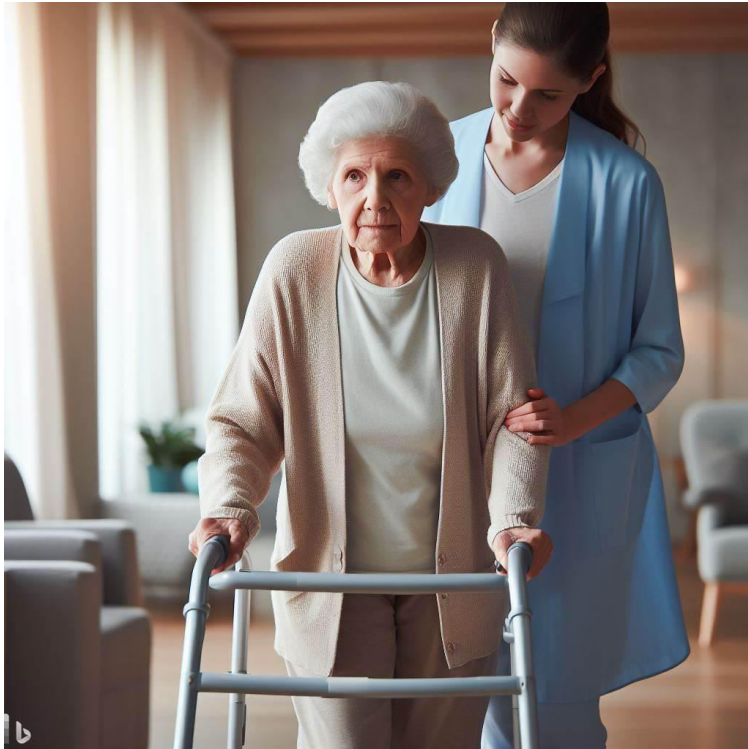


A Walk indoors



Goal: The goal is to encourage physical activity and provide an opportunity for a healthy lifestyle even when weather conditions or other factors hinder outdoor activities.

Preparations:

- Select a suitable place for walking indoors, such as a corridor.
- Ensure the surface is even and safe for walking.
- If the elderly use a walker or cane, bring them along for extra support and safety.
- Decide with the elderly a distance or time (e.g. 100 meters or five minutes) for the walk.

The Walk: Walk slowly at your own pace, taking short breaks if necessary.



Time :

The time for the activity depends on the elderly's physical capacity, all from 5-20 minutes per walk. Make a plan to guide the walk regularly, preferably daily or several times a week, to benefit from the health advantages.



Alone or in a Group:

This is an individual activity.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal