

Kay SOLO *at* LOLA Project:

Grandparents day Celebration Pagpapahalaga
sa Kalusugan ng Taga Palma

*Seminar About
the Importance
of Physical
Activity Among
Elders of Brgy.
Palma*

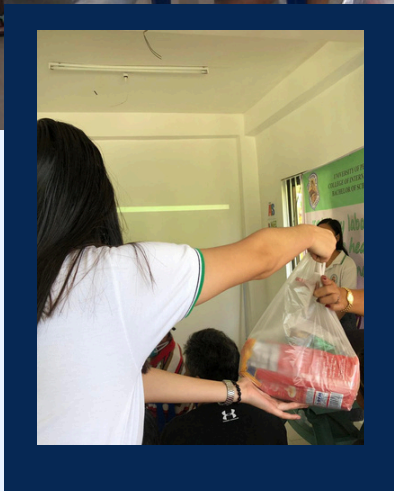


PERPETUALISTA

THE OFFICIAL NEWSLETTER OF THE COMMUNITY OUTREACH DEPARTMENT

KAY LOLO AT LOLA PROJECT:

Grandparents day Celebration
Pagpapahalaga sa Kalusugan ng Taga Palma
(September 28, 2022)



The second day of the outreach activity, September 13, 2022, Tuesday, at Brgy. Palma, the volunteers went to each elders' houses to inform them that they are going to conduct an activity for the following week. They have decided to buy grocery packages for them to receive after the program. The seminar that they have prepared was about the Importance of Physical Activities to Elderlies. They saw that everyone is listening and is having fun while learning. Some of the volunteers are taking pictures and videos for the documentation, while others were preparing the packed groceries. Next is the Zumba dance that they have practiced. It is very satisfying to watch that the elderlies are really participating in their planned activities. Everyone was having a good time while following the Zumba leader.

Lastly, the *ayuda* packages that were prepared for them were distributed. Everyone was expressing their thanks and appreciation towards the volunteers. The program was ended by the closing remarks of their Brgy. Captain, Kap. Sonilo M. Laqui and the awarding of the certificates. All in all, the activities were so fun that they have forgotten that they are tired because they know that they have fulfilled their tasks in the community and most importantly, they have held a successful program for everyone.

IMPORTANCE OF PHYSICAL ACTIVITY

(September 28, 2022)

Among Elders of Brgy. Palma

On the day, September 28, we the ND students conducted a seminar about the importance of physical activity in old age for the elderly in the morning. The elderly arrived at the venue at exactly 8 pm. Before going inside the venue, there is a registration table outside the venue for us to know who will be the participants of the particular seminar and they must register their names before we start the program. After the registration, we first introduced the speaker first before he started the seminar. The speaker discussed about the importance and effects of doing physical activities in their household and their effect on their old body. At the beginning of the seminar, there was a short video presented about different types of physical activity.



"Exercise not only changes your body, it changes your mind, your attitude and your mood."

The speaker discussed where the elderly could get benefits from different easy physical activities at home. Afterwards, the speaker asked questions to the elderly about the topic to him to know what the audiences might have not understood fully. After the seminar, the Zumba Activity was held after the discussion. The zumba dance activity was choreographed and guided by the ND students for the elderly to follow the steps. This zumba activity enlightened and made the participants energetic even though they're old, this made them feel motivated to do physical activities and realized the significance of moving their bodies everyday. When the zumba dance was finished, To get comments on the program from the participants, ND students provided them with an evaluation form.

Last but not least, the ND students thanked everyone for participating in the seminar and contributing their time during the closing remarks.