

Our Purpose

Increase awareness and behavioural change in former active citizens with and without disabilities toward a healthy active lifestyle through enrichment of counselling and prescription procedures to effective use of physical activity and other health-related behaviours



81 **FORMER ACTIVE CITIZENS**
 articles for defining eligibility criteria

1 Semi-structured protocol

96 Interviews in total

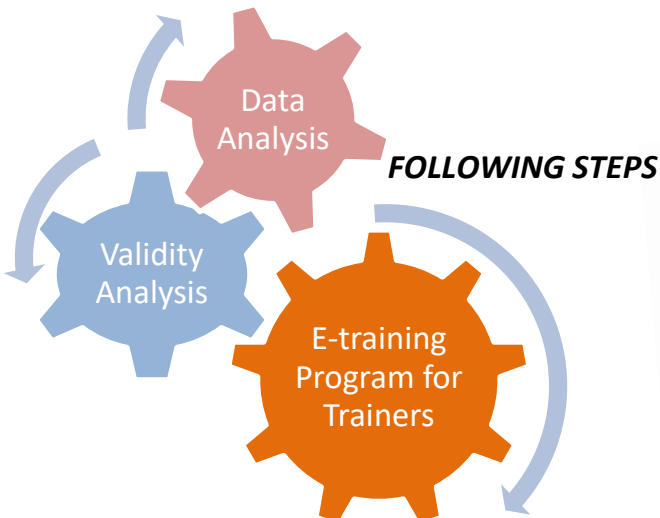


8 participating countries

Published	Post	Type	Targeting	Reach	Engagement	Promot
18/07/2020	Our 1st #Newsletter is ready and published targeting the information of			26	2	
29/06/2020	Get to know more about #ActiU #EU project - Online Communities -			307	15	
18/05/2020	The creation of ActiU's basic dissemination tool is completed !!			1.7K	43	
12/05/2020	ActiU specific Objectives !! The consortium of the partners working			696	20	
29/04/2020	Active Healthy Lifestyle through Counselling for You ActiU Sport			302	10	
27/03/2020	#ActiUproject #partnership #euproject #foto #kickoffmeeting			54	0	
12/02/2020	#ActiUproject #partnership #euproject #foto #kickoffmeeting			466	32	
12/02/2020	First day of our #ActiUproject Kick off Meeting in process !! Participants			1K	26	
12/02/2020				232		

MORE THAN 3500 Individuals reached

- Participants/ beneficiaries on our activities*
- ✓ Former Active citizens
 - ✓ Practitioners
 - ✓ Sport/ labour & social associations
 - ✓ Sport clubs
 - ✓ Senior Universities



129 followers
27 posts
1 Promotional Video

activuproject.eu/
 Activate Healthy Lifestyle through Counselling for You