

## GOOD PRACTICE

# Active Living in Turku



**City**  
Turku

**Country**  
Finland

**Population**  
178.685

**Mission**  
Develop physical activity services for the citizens.

**Organization**  
City of Finland

**Target Group**  
Citizens of all ages

# TURKU



### Objective

Turku offers a rich variety of different sports and exercise-related services to fitness-minded people of different ages and sizes at varying skill levels.

### Description

Turku co-ordinates the Active Living network, which is a part of the Healthy Cities collaboration. The basic idea for the Active Living cities coming together – all advanced in promoting physical activity in their own countries – is that they want to exchange experiences in the European level and learn from each other. The main target the cities have agreed to work on is the sustained physical activity among inhabitants of the city.

### Knowledge & Awareness

As the Baltic Region Healthy Cities Association is based in Turku, it co-ordinates the Active Living network, which is a part of the Healthy Cities collaboration. The basic idea for the Active Living cities coming together – all advanced in promoting physical activity in their own countries – is that they want to exchange experiences in the European level and learn from each other. The main targets are that the cities have agreed to work on is the sustained physical activity among inhabitants of the city.



## Cooperation & Partnership

The sedentary people in all age groups are the target for the Sports and Recreation department of the City of Turku. Easy-to-reach services, communication and counselling is provided in cooperation and in partnership with the sport's associations. The roots of this development lies in the MOTION 2000 Project (1994-2000), which was co-ordinated by the Sports office, but employees in the Health Care, Social Welfare, Education and Youth affairs networked with each other and also with other partners.



## Programs & Events

Programs such as the Kesäpoweraction, a summer program aimed at 13-19 year olds who are beginners in summer sports (football, keep-fit, beach volleyball, canoeing, basketball, floorball, parkour (free running), Ultimate Frisbee, Finnish baseball, inline skating, BMX biking and lacrosse) and Power 20+ (exercise classes for people in their 20s) are offered by the City of Turku Sports Services Centre free of charge in co-operation with the sports clubs from Turku.

## Spaces & Places

In four years, Turku's satisfaction with their indoor swimming pools has increased the most. Of the six areas surveyed, Turku residents were currently most satisfied with the management of jogging tracks and exercise trails and sports services. The management of facilities for indoor exercise received the least praise. Regarding the provision of information about sports services, Turku residents were also more satisfied when compared to the national level. Satisfaction was measured with reference to sports fields or pitches, facilities for indoor sports, swimming pools, beaches and outdoor swimming pools, jogging tracks and walking trails as well the provision of information about sports services. The survey was conducted in the form of questionnaire survey in 15 municipalities from May to June, 2012. The group selected for the survey was residents from 18 to 70-yearsold, who were randomly selected. In Turku, 2,000 households were selected and the response rate was 29.2%. The survey was carried out for the eighth time. The first survey was published by FCG Koulutus ja konsultointi Oy in 1983.



## **Monitoring, Evaluation & Continuous Improvement**

The City of Turku has also regularly followed up the physical activity of the residents. The results show that the amount of the physically active people has increased from 1997 to 2003 with almost 5 percentage points.

### **For more detail, please contact:**

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