

GOOD PRACTICE

Heinola HEPA (Health-Enhancing Physical Activity) Promotion Program



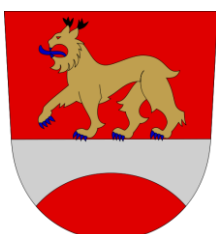
City	Heinola
Country	Finland
Population	20.175
Mission	To enhance health and physical activity in the community of Heinola
Organization	City of Heinola
Target Group	Citizens of all ages

Objectives

Heinola offers many benefits for sports enthusiasts. The city's sports and recreation service maintains sports facilities, develops sporting activities and provides assistance to sports clubs and groups in Heinola. There are many sports clubs and other groups that organise a variety of sports activities in Heinola.

The Concept

Heinola Active City concept is an active city-framework adapted to the WHO framework for healthy settings in healthcare, sports clubs, schools, work places and neighbourhoods for all residents including the senior citizens, children and youth, employees and people with disabilities as the target groups. They cooperate with partners (including residents, civil society, voluntary sector and private sector) and local government (including health, education, urban planners)





The Network

The Heinola HEPA program services are provided with cooperation from the city's sports and physical activity, social, health and education administrative sectors. The network of HEPA instructors is based on the cross administrative concept together with an information service network, training services, and the study and monitoring program. There are 3 Heinola HEPA programs which include 'Fit for the Kids', 'Fit for Life Citizens of the Working Age' and 'Physical Activity Services for Senior Citizens'.

For more detail, please contact:

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