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Seniors to sport court, not to hospital

INTRODUCTORY WORD

I would like to introduce here a project of health physical education for seniors whose aim is to make use of movement as an expedient for seniors.

Physiologically conducted motion can provide prevention of the most frequent difficulties and illnesses of senior age. The project of movement education is divided into separate parts according to the parts of the human body. Its aim is to show basic movement stereotypes and simple exercises, which can help stabilize parts of the movement system mainly strained by muscle dysbalance.