

Spontaneous Exercise

The European model of activities to encourage to undertake physical activity



SOCIAL MEDIA



[@Facebook.com/Spontaneous_Exercise](https://www.facebook.com/Spontaneous_Exercise)



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„Spontaneous Exercise”

The European model of activities to encourage to undertake physical activity.

In **five steps**, we encourage to organize **Spontaneous Exercise** developed in cooperation with three entities from three European countries.



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Spontaneous Exercise are:

UNIVERSAL

1



- For women and men, for young and old, for amateurs and professionals
- No activity focus
- Prior motor and physical preparation is not required

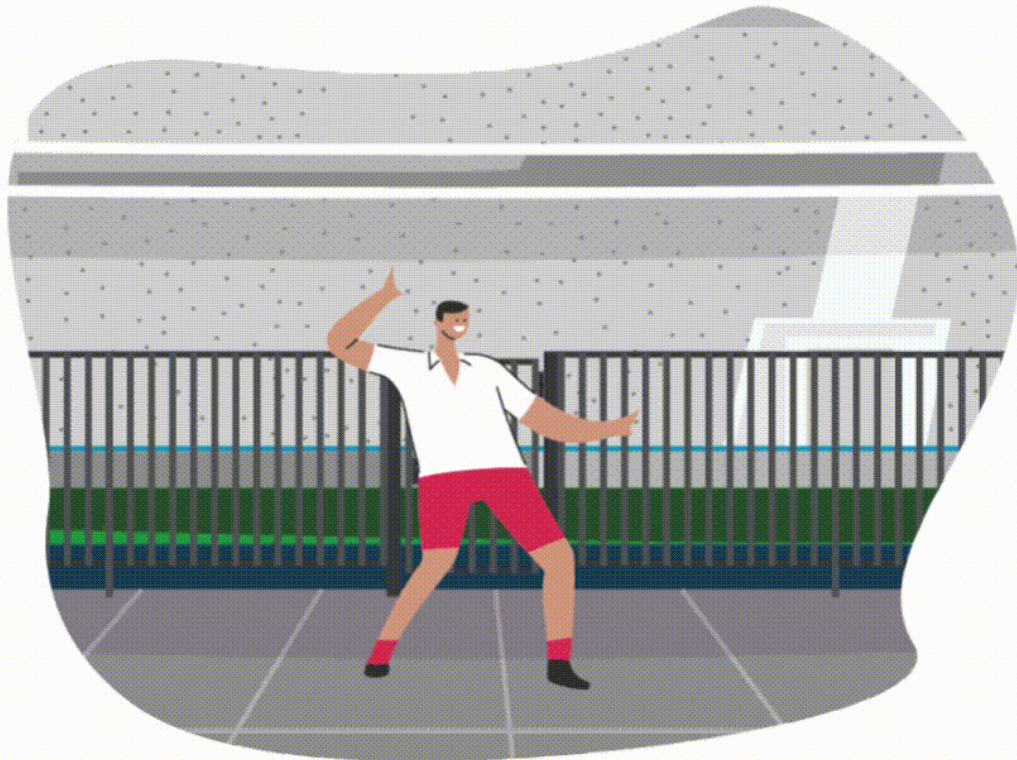


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Spontaneous Exercise are:

AVAILABLE

2



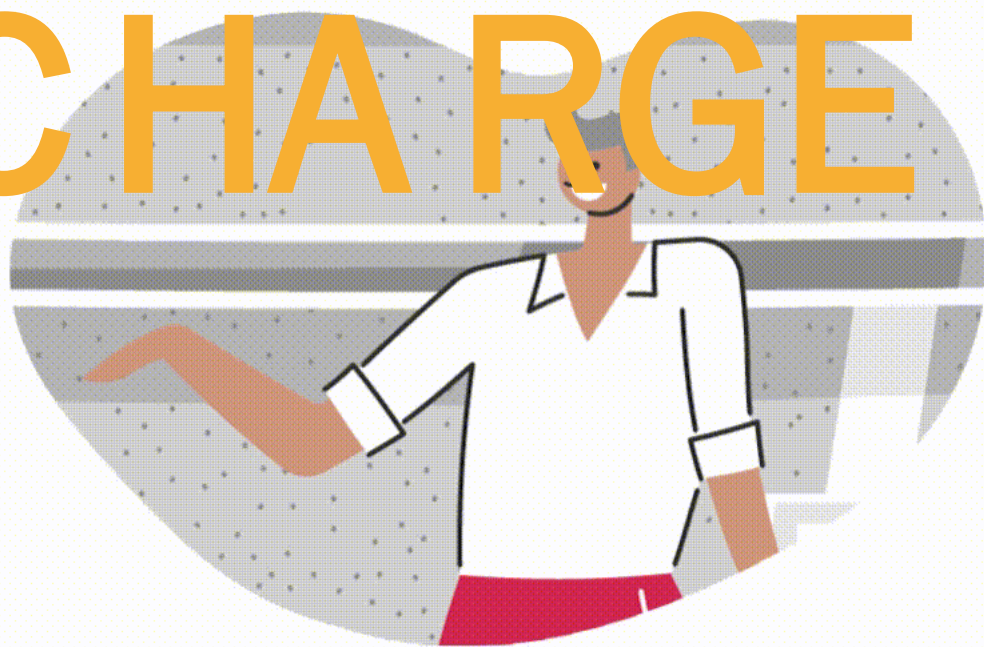
- Meetings at the most recognizable sports facilities among the local society
- Providing objects that are inaccessible to everyone on a daily basis
- Classes are conducted by instructors/trainers of various physical activities



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Spontaneous Exercise are:

FREE OF CHARGE



3

- No economic barrier
- No financial burden for the household budget

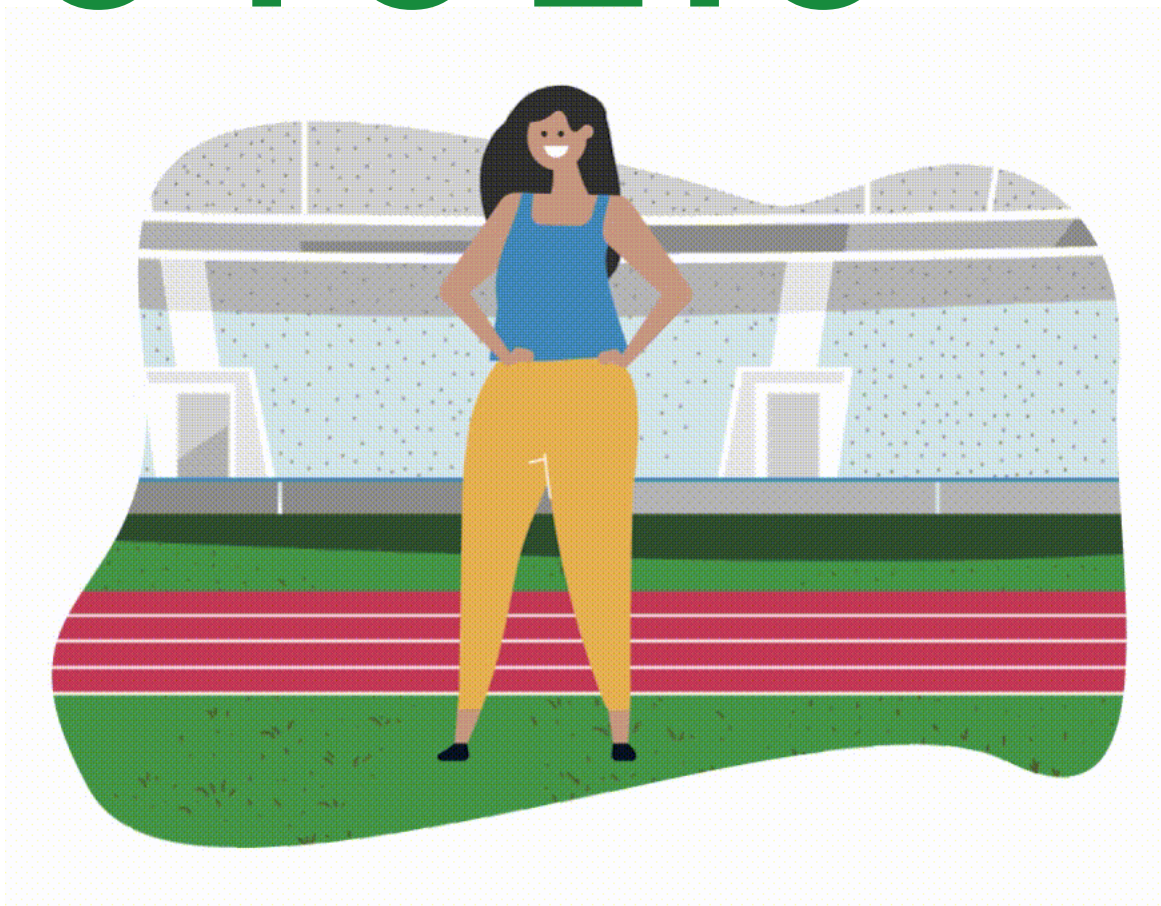


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Spontaneous Exercise are:

CYCLIC

4



- All year round
- At least once a week
- On the same hour

3x30x130

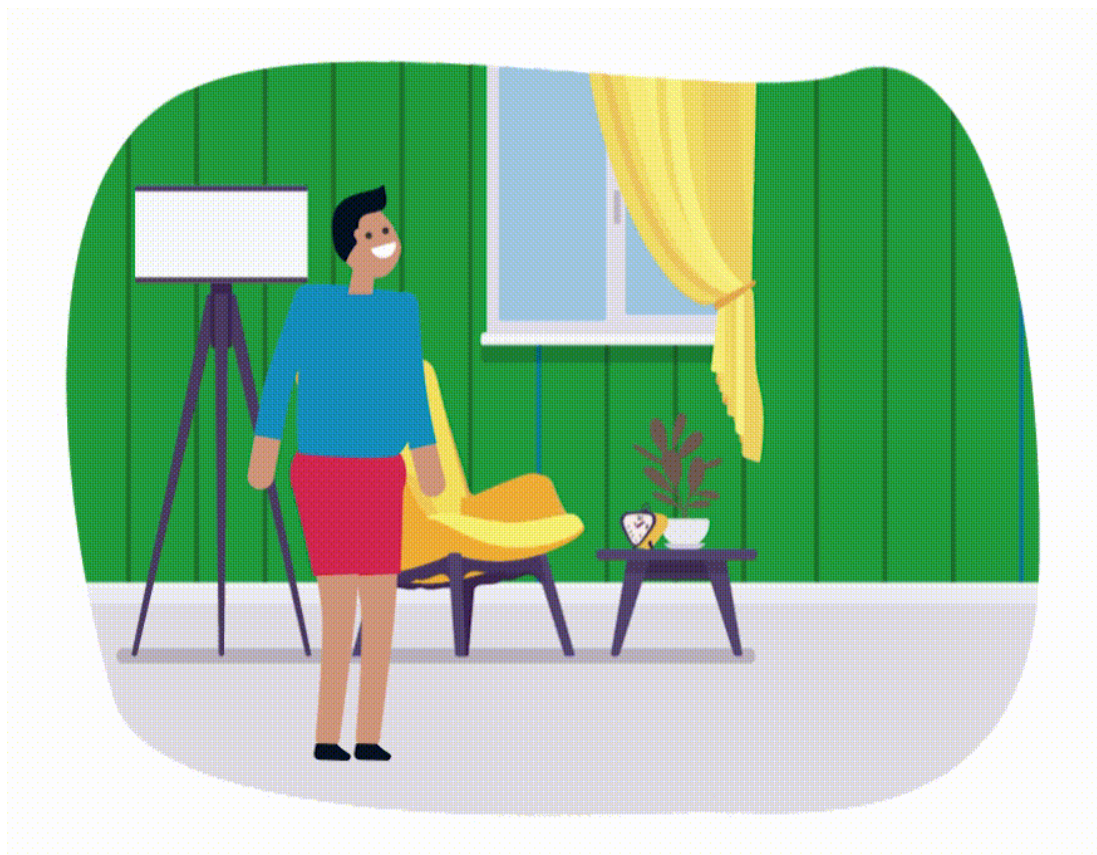
3 times a week you should undertake physical activity, lasting **30 minutes**, with a heart rate of **130 beats per minute**.



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Spontaneous Exercise are:

S P O N T A N E O U S 5



- No specialized equipment
- No technical skills
- Without prior registration and declaration of permanent presence



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Who created Spontaneous Exercise?



The Guben Town Council, Germany

who has many years of experience in the implementation of projects and as a local government entity has knowledge of how to implement Spontaneous Exercise classes as a decision-making body.



Education Through Sport Foundation, Poland

from Warsaw, which for several years has been organizing athletics classes for adults, nordic walking meetings and cyclical sports events for children and youth.



The "Volvere Run" Sports Club, Lithuania

which organizes free time based on sports activities, by supporting and promoting physical activity, healthy aspects of sports among residents and developing and support for qualified and amateur sport.



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The European model of Spontaneous classes is the sum of many years of experience of three partners, which will easily be implemented in all corners of Europe.

Want to know more details? Visit our website:

www.facebook.com/Spontaneous_Exercise

www.biegambolubie.com.pl/spontaneous-exercise



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