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S12: From Intention to Action: Integrative Tools for Physical Activity and Behavioural Change in Active Ageing

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Despite widespread awareness of the health benefits of physical activity in later life, a large proportion of older adults remain insufficiently active. Barriers such as cognitive decline, mobility limitations, environmental obstacles, or lack of motivation often prevent long-term behavioural change. This calls for integrative tools that are grounded in evidence, co-created with users, scientifically evaluated and embedded in the realities of older adults' daily lives. This symposium brings together innovative approaches to promoting physical activity among older adults through diverse strategies that address behavioural, social, cognitive, and environmental dimensions. It highlights the development and implementation of tools that support personalised care, encourage community engagement, and enhance monitoring and motivation in both clinical and everyday settings. Emphasis is placed on methods and tools that are accessible and adaptable, including digital interventions, wearable (assistive) technology, community-based installations, and tailored national recommendations.

Key themes include the importance of understanding older adults' lived experiences, involving caregivers and professionals in programme development, and fostering collaboration across sectors and stakeholders. By integrating movement into the full 24-hour day and recognising the interplay between physical activity, sedentary behaviour, and sleep, a more holistic view of healthy ageing can be achieved. Moreover, the application of real-time data, user feedback, and system-level insights ensures that interventions remain responsive and sustainable. The approaches presented in this symposium demonstrate that bridging the gap between intention and action requires more than education – it demands practical, inclusive, and context-sensitive solutions. Through interdisciplinary collaboration, innovation, and a commitment to equity, we can enhance older adults' opportunities to move more, sit less, and age well.

This symposium aims to inspire reflection on how we design and deliver health promotion for older adults. It encourages dialogue between researchers, practitioners, and policymakers seeking to create supportive environments and systems that truly enable active ageing.

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