SENATE
SENIORS ACTIVE AT HOME



GET ACTIVE WITH SENATE!

FITNESS AT YOUR FINGERTIPS FOR A HEALTHIER, HAPPIER LIFE!

SenAte - Seniors Active At Home

- Curious about active games and augmented reality?
- Need to move more and want a new way to stay motivated?
- Are you over 50 (but actually, you can enjoy this initiative at any age)?

With the SenAte app, you can:

- Engage in short exercises that improve coordination, balance, reaction time, and muscle strength and power.
- Train your brain by interacting with virtual objects.
- Stay strong, support daily tasks, and most importantly, prevent falls.
- Take turns and enjoy the fun with friends and family - who will score the best? (spoiler: grandkids love it!)

FOLLOW US :

Co-funded by the European Union

GAMES INCLUDED IN THE SENATE APP



One Leg Standing:
Move from one leg to the other while keeping one leg raised. The game includes visual cues to guide foot placement and maintain balance.



Nailed to the Ground:
While standing with your feet on two footprints fixed to the ground, catch the bubbles appearing on the screen. Adjust your reach to interact with bubbles without moving your feet.



Dodge Master:
Avoid the green platforms descending from above or moving in from the sides by squatting or ducking and step out of their way.



Bubble Ninja:
Slice the bubbles appearing on the screen by moving your torso and arms, following virtual arrows that indicate the direction of the cut.



Bubble Catch:
Catch the bubbles that appear on the screen, either with one hand or both, depending on the bubble's color. Advanced levels include dodging obstacles while catching bubbles.

WHAT YOU NEED TO GET STARTED

A tablet, or a smartphone (better if connected to a TV).

Download the app—it's free!

Visit www.senateproject.eu
to learn more, download the app, and choose active aging today.

HOW TO DOWNLOAD

Search for **SenAte** on **Google Play** or **App Store** and click **Download.**

Available on the App Store

GET IT ON Google Play

Coordinated By The University of Southern Denmark in partnership with six European organisations, the SenAte project harnesses innovative tools to promote well-being through safe and enjoyable activities. Together, we can empower older adults to thrive!

A pill of physical activity a day keeps your fall away

STAY ACTIVE. STAY HEALTHY. STAY SENATE!