



Programa Nacional de Marcha e Corrida Caminhar para um envelhecimento saudável

Walk Your way to a Better Aging

Portugal

Alliance Vision To promote regular walking as a way to improve healthy living habits in the elderly in every municipality of Portugal

Associated Partner **University of Porto**
Faculty of Sports
<http://ciafel.fade.up.pt>

Collaborating Partner **Portuguese Institute of Sport**
www.idesporto.pt

Alliance Partners Regional directorates of the Portuguese Institute of Sport
Portuguese Athletics Federation
Contacts with various municipalities are currently being established

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- ▶ The alliance is in line with the **political agenda of the Portuguese government** to promote and spread physical activity among all the citizens,
- ▶ The alliance plans to **establish a national network of technicians** (at least one in each municipality) specialized in walking programs so that, for the first time, all cities will have similar **walking activities all over the country**.
- ▶ The alliance has additional **contacts** to various **athletics/sports associations** and **teams**, former **athletes**, and **local organizations**.