

Physical Literacy in Older Adults – An Ecological Model

Policy

The model is a **recommended policy element for active and healthy aging initiatives** across pan-governmental and multi-sectoral levels, and non-governmental organizations.

Community

Context in which physical activity takes place. Including considerations of how the individual is socially connected, influenced by socio-cultural norms and expectations, and the individual's interaction with built and natural environments.

Organizational

Programs, resources and services that **offer personally meaningful, culturally relevant, and accessible** opportunities for physical activity.

Interpersonal

A spectrum of formal and informal personal relationships that influence physical activity participation.

Intrapersonal

The motivation, confidence, physical competence, knowledge and understanding, and **engagement in physical activities** as an integral part of one's lifestyle.

Lifecourse Continuum – Cycling in and out