

# 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***