

PROJECT CONSORTIUM



Co-funded by the
Erasmus+ Programme
of the European Union



ARIE
PROJECT

**A EU COLLABORATIVE
PARTNERSHIP
FOR ACTIVE
LIFESTYLES
FOR THE ADHERENCE
TO THE HIV THERAPY
AND TO PROMOTE
FITNESS AS THERAPY**

PROJECT COORDINATOR

ANLAIDS Sezione Lombarda
via Monviso 28, 20514 Milan
Mail: info@anlaidslombardia.it

WWW.ANLAIDSLOMBARDIA.IT



CONTEXT

Practising regular physical activity can prevent or delay the onset of certain illnesses (**EU Physical Activity Guidelines**) and considering this, the ARIE project wants to promote ***fitness therapy for people living with HIV/AIDS*** (PLHIV) who are on treatment.

With life expectancy increasing and the symptomatology of HIV being altered since the advent of Antiretroviral Therapy (ART), we are now learning about associated metabolic changes with negative and possibly fatal implications for PLHIV.

Thus, ARIE wants to offer PLHIV an **innovative fitness protocol** which help them to accept and reconnect with their bodies, re-build self-confidence, address mental health issues and improve their overall well-being and not forgetting that a combination of aerobic and resistance exercises can help modify risk factors. It has been demonstrated that PLHIV could **benefit from this physical activity**, thus enhancing their life expectancy and health-related quality of life.

AIMS

Today, movement therapy is a well recognised form of complementary therapy used in hospitals as well as at comprehensive HIV clinics. Despite this, a variety of challenges to regular physical activity still persist among PLHIV:

- **Cultural:** PLHIV and often those who assist them are not aware of the collateral damages associated with inactivity and of the benefits of physical activity to prevent, treat and improve quality of life;
- **Psychological:** lacking knowledge around physical benefits, PLHIV do not find enough motivation to start exercising;
- **Physiological:** HIV-related side effects amplify the problems and compromise PLHIV's quality of life.

To overcome these barriers, the project wants to:

- Create an EU innovative protocol to promote physical (fitness) activity to HIV+ people aged 18-50.
- Organise a 'Train the Trainers' EU course for health professionals and trainers from the participating countries on the application of the protocol.
- Share its findings at regional, national and EU levels for the development of new, diverse sports networks across Europe.



RESULTS

- 1.To **train 15 professionals** during a Train the Trainers course in Timisoara (Romania).
- 2.To **replicate the training course** in each participating country for at least 60 professionals.
- 3.To provide 2 hours **training** per week for 4 months in each participating country for PLHIV.
- 4.To involve in the **Pilot Action** at least 60 participants.
- 5.To organise **5 dissemination events** at national level in each participating country.

RECOMMENDATIONS

- 1.To encourage physical therapy, supporting the implementation of the Council Recommendation on health- enhancing physical activity and in line with the EU Physical Activity Guidelines.
- 2.To promote education in and through sports.
- 3.To reinforce cooperation between partners promoting physical therapy from various countries.
- 4.To increase the quality in the preparation, implementation, monitoring and follow-up of sports projects at the EU and international level and increase capacities to encourage citizens to participate in physical therapy.