



Starter Guide

Content

1. Logging in
2. Getting started
3. 6-Week Conditioning Programs
4. Strength Exercise Programs
5. Optional: Online events
6. Optional: 6-Week Balance Series
7. Optional: 5-Week Yoga Series
8. Community

1. Logging in

After you have registered for the Healthy Ageing Platform membership, you will receive a confirmation email in your inbox.

Have you not received the confirmation email?
Then check your spam folder.

Is the confirmation email also not in your spam folder?
Then send an email to info@healthyageingplatform.com.
We will help you further.

Also make sure to add info@healthyageingplatform.com to your address book.

Via the email that was sent to you, you can log in to your account.

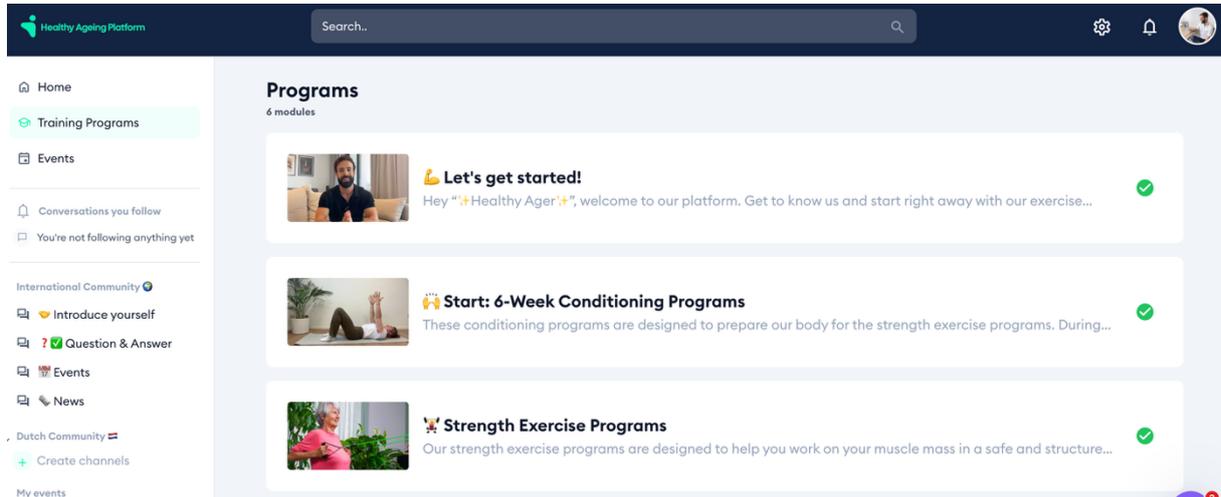
Would you like to log in via the website from now on? Then go to:
<https://members.healthyageingplatform.com/>

You can also add this directly to your favorites, at the top of your browser.

2. Getting started

After you have logged in, you will immediately enter your account.

You can then click on “Training Programs” in the top left, so that you will see the screen below.



You will see the different modules that you have access to, listed underneath each other.

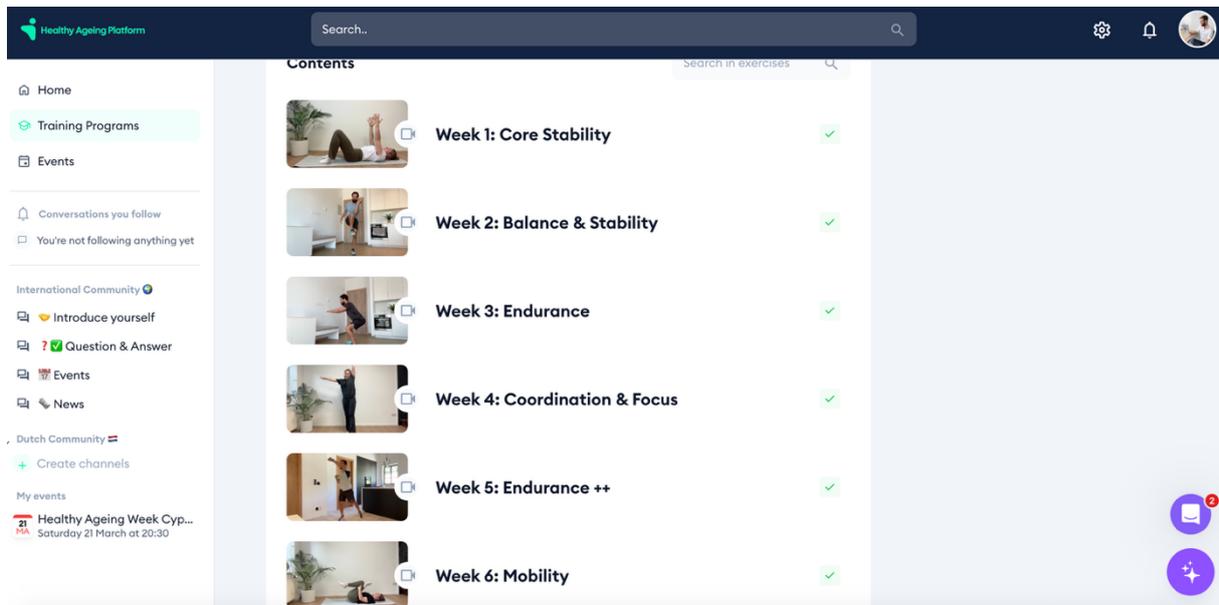
You can start with the first module “Let’s get started” by clicking on it. Then click again on the relevant chapter.

After you are finished, return to the home screen and you can start with the next module “Start: 6-Week Conditioning Programs”.

3. 6-Week Conditioning Programs (week 1–6)

After you have clicked on “Training Programs” in the top left, you then click on “Start: 6-Week Conditioning Programs”.

You will see the following screen:



Because this is a preparatory program, you only have access to the first training. Exactly one week after your registration, you will receive access to the second training, etc.

Over the next 6 weeks, you can go through the 6 trainings above.

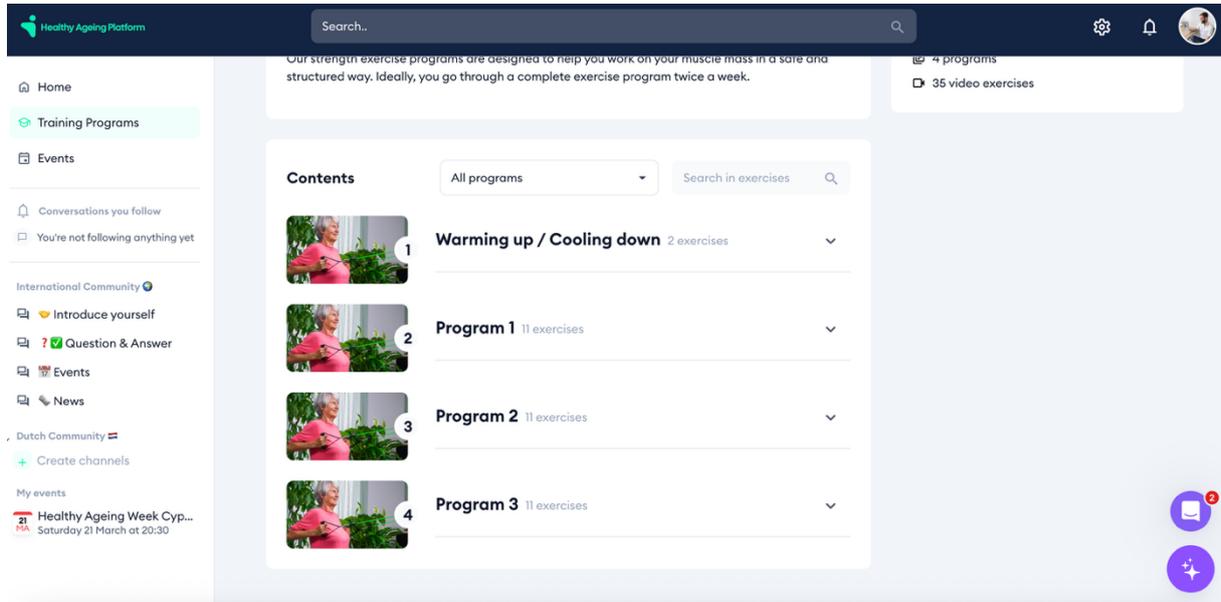
Our advice is, if this fits within your (physical) capabilities, to repeat the training 2 times per week.

After 6 weeks, you switch to the next module: “Strength Exercise Programs”.

4. Strength Exercise Programs

After you have clicked on “Training Programs” in the top left, you then click on “Strength Exercise Programs”.

You will see the following screen:



You can work with Exercise Program 1 for the first 4 weeks.

In this program, you will find 10 exercises that you can view individually. In each exercise, we explain what you should pay attention to during the exercise.

After you have viewed all 10 exercises individually, you can use the follow-along session. This plays all 10 exercises one after the other.

After 4 weeks:

You switch to Exercise Program 2.

Again, you watch all 10 exercises individually. After you have seen all 10 exercises individually, you can use the follow-along session.

Our advice is to go through the complete exercise program 2 to 3 times per week.

You can use the training schedule below as a guideline.

2 times per week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Training			Training			
Week 2	Training			Training			
Week 3	Training			Training			

3 times per week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Training			Training		Training	
Week 2	Training			Training		Training	
Week 3	Training			Training		Training	

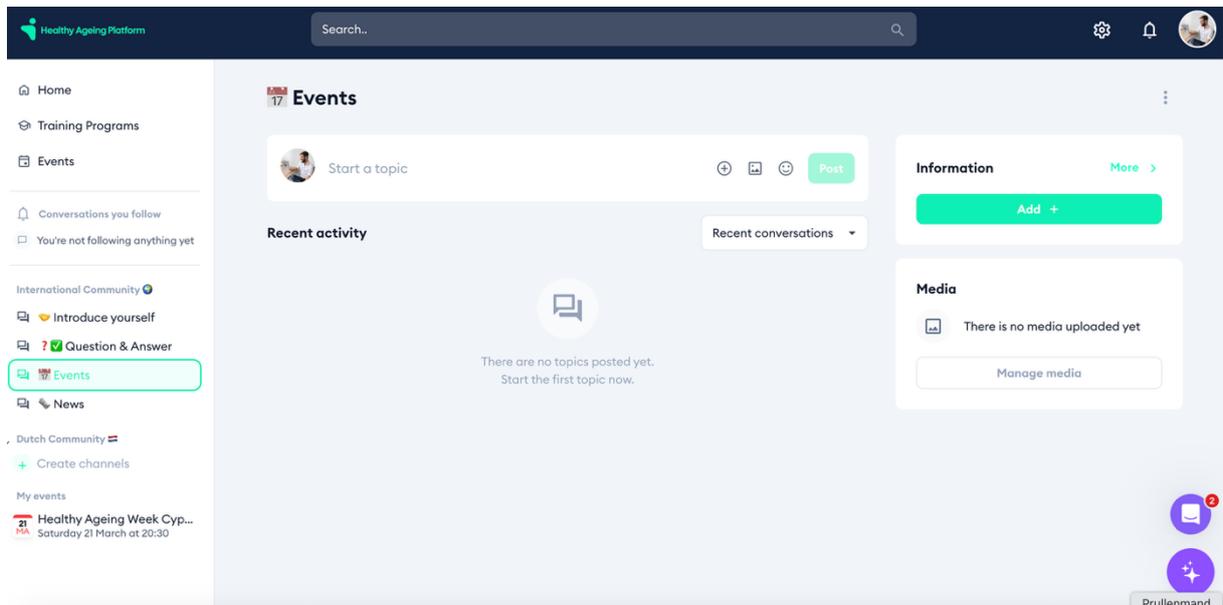
4 half sessions per week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Training exercise 1t/m5		Training exercise 6t/m10	Training exercise 1t/m5		Training exercise 6t/m10	
Week 2	Training exercise 1t/m5		Training exercise 6t/m10	Training exercise 1t/m5		Training exercise 6t/m10	
Week 3	Training exercise 1t/m5		Training exercise 6t/m10	Training exercise 1t/m5		Training exercise 6t/m10	

5. Optional: Online events

Have you become a member of our online events? Then you can choose the “Events” tab on the left in your account.

(*You only have access to this module if you have purchased it).



All upcoming online events will be listed here, including the instructions to participate in the online events.

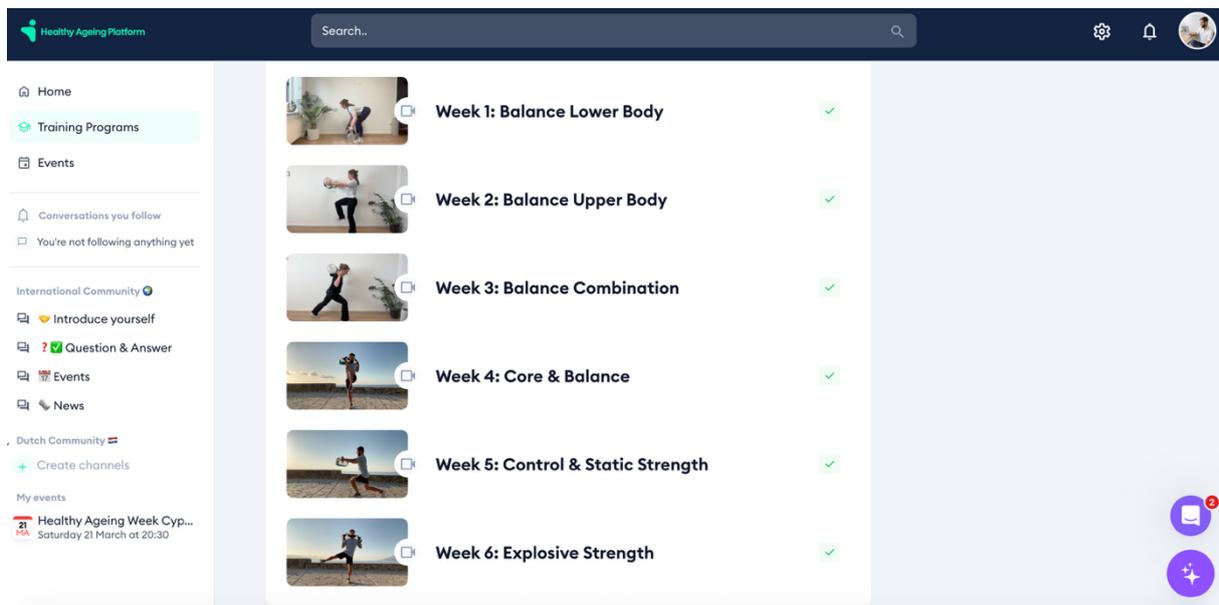
6. Optional: 6-Week Balance Series

Are you getting started with our 6-Week Balance Series?

(*You only have access to this module if you have purchased it).

After you have clicked on “Training Programs” in the top left, you then click on “6-Week Balance Series”.

You will see the following screen:



For the coming 6 weeks, you can weekly join a new balance training. After 6 weeks, you will keep access to this module for as long as you are a member.

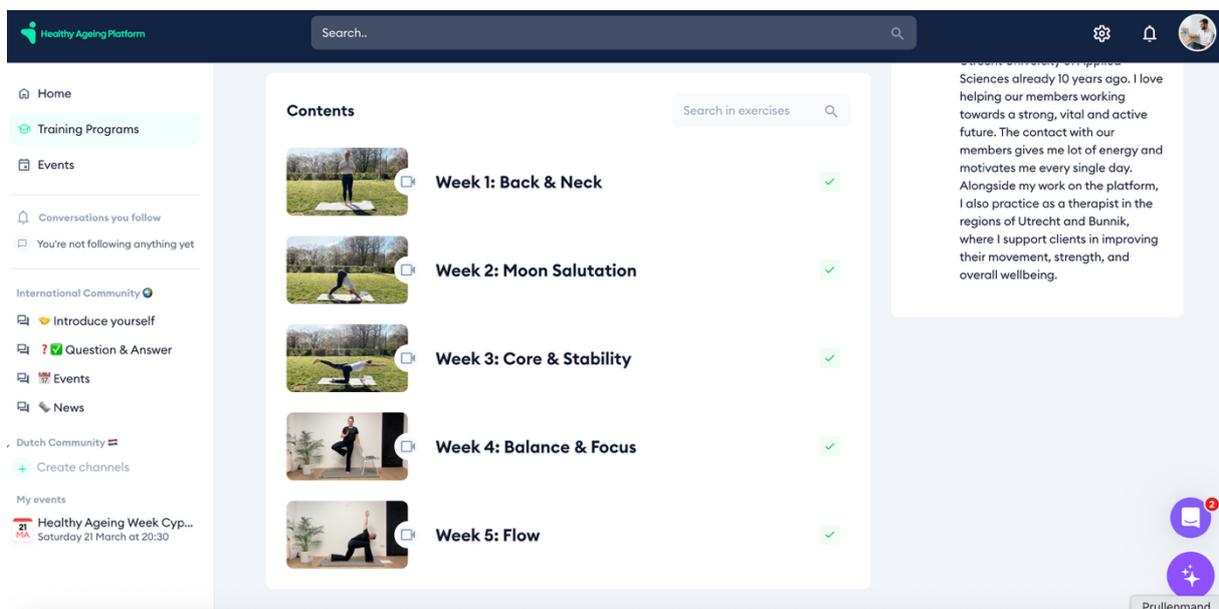
7. Optional: 5-Week Yoga Series

Are you getting started with our 5-Week Yoga Series?

(*You only have access to this module if you have purchased it).

After you have clicked on “Training Programs” in the top left, you then click on “5-Week Yoga Series”.

You will see the following screen:



For the coming 5 weeks, you can weekly join a new yoga training. After 5 weeks, you will keep access to this module for as long as you are a member.

8. Community

Would you like to get in contact with other “Healthy Agers”? You can do so in our community.

On the left side of your screen, you will see the tab “International Community”.

Underneath it, you will see various topics, such as:

- Introduce yourself
- Question & Answer
- News

Feel free to post a message in our community.

 Make sure that our Healthy Agers community is a safe place, where we show respect, helpfulness, and positivity.