



November 27, 2023

Dear Members of EGRAPA, Prospective Members, Friends, and Colleagues,

As a new academic year commences, we hold optimistic anticipation for a productive and fulfilling period ahead. This juncture provides an excellent opportunity to acquaint you with the latest developments within EGRAPA – The European Group for Research on Aging and Physical Activity.

We are happy to unveil the refreshed EGRAPA logo and our updated digital presence through the new EGRAPA website: egrapa.org. Notably, our terminology has evolved; in order to avoid any ageism we replaced the term "Elderly" by "Aging". Yet, our fundamental objectives remain steadfast: advancing research in the realms of physical activity, aging, and health, and disseminating this valuable knowledge for the betterment of society.

A novel initiative from EGRAPA involves the promotion and financial backing of an annual research endeavor. We encourage active participation from EGRAPA members in instigating such initiatives. Detailed information about these activities can be accessed through the EGRAPA website. Although EGRAPA has historically been instrumental in, and often the instigator of, European projects pertaining to physical activity in advanced age, our current flagship project is the COST (Cooperation in Science and Technology) Action CA20104 PhysAgeNet: "Network on evidence-based physical activity in old age". This COST Action's primary objective is to establish a sustainable network that fosters evidence-based research and practice of physical activity among older adults. It also aims to facilitate the integration of innovative ICT solutions based on consolidated research information from open data sources. The ultimate goal is to enhance health promotion and alleviate the burden of inactivity among aging populations.

Since its inception in November 2021, this network has garnered the engagement of over 350 scientists and practitioners spanning 40 European countries. The network encompasses a diverse range of disciplines, including health, medicine, exercise sciences, molecular biology, brain sciences, geography, and more. Notably, this network continues to expand. Nevertheless, akin to all projects, its design encompasses a specific time frame, with the projected conclusion set for October 2025.



Considering EGRAPA's objectives closely align with those of the COST Action, it offers an ideal platform for the network's sustained continuation. In a bid to foster collaboration between the COST project and EGRAPA, we have initiated an EGRAPA conference, scheduled to coincide with the upcoming COST meeting in April 2024 – COST meeting 16-17, followed by EGRAPA conference 18-19. These events will be hosted by the Lithuanian Sport University (LSU) in Kaunas. Karadeniz Technical University (KTU) in Trabzon, Turkey will host our conference in 2025. Your active participation is welcomed, and we encourage the submission of abstracts for consideration. Detailed information will soon be provided in the EGRAPA website.

EGREPA's esteemed journal, EURAPA – European Review of Aging and Physical Activity, is published in collaboration with BioMed Central (<https://eurapa.biomedcentral.com/>). Our current 2-year Impact Factor is 6.3 and - 5-year Impact Factor is 5.5.

Markedly, EURAPA is poised to initiate a new thematic series centered around "Using AI tools to develop optimal physical activity programs for diverse groups of older adults". We eagerly anticipate your contributions in the form of research papers or reviews for this thematic series. As a valued EGRAPA member, you are entitled to a discounted rate for EGRAPA conferences and symposiums, as well as a 20% price reduction on article-processing charges for publications in EURAPA.

We extend a warm invitation to join EGRAPA as a member or to renew your existing membership, further solidifying our collective commitment to the field. Please enter the EGRAPA site for details.

Warm regards,

Prof. Yael Netz President

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