between the results of the two protocols used ($p = 0.51$) were revealed by t-test analysis for independent samples.
Conclusions: The study provided positive evidence with respect to the effectiveness of both protocols, greater for the dynamic ecological approach, although it did not show appreciable significance in the latter. Therefore, the study should be expanded and deepened in light of the limitations of the convenience sample recruited and replicated in school contexts.
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PP33C—"Palestra della salute" on the ground: is exercise prescription virtuous?

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Purpose: Over the past 10 years, physical exercise has been promoted in Emilia Romagna through "Palestra della Salute"(PS), places where people with chronic diseases (CD) can start a structured physical exercise program. Patients can be referred, under medical prescription, to a specific and qualified trainer such as the kinesiologist. However, the literature has shown a limited propensity of doctors to undertake this type of treatment (1) (2) (3). The aim of this study is to describe and to analyze the activity of promoting physical exercise in people with chronic illnesses carried out by the "Esercizio Vita Medical Fitness" PS in the area of Ferrara (Italy).
Methods: The following fitness promotion activities were carried out by the "Esercizio Vita Medical Fitness" PS: a survey to assess doctors' knowledge regarding exercise in people with CD was sent to all general practitioners (GPs) and specialists (MDs) in the Ferrara area; all doctors who replied were then informed about the possibility of prescribing exercise in patients with CD; a supervised walking group and an information campaign on social networks such as Instagram and Facebook were organized by the PS. All accesses to the PS and walking group were then recorded and analyzed by assessing the channel through which the patient was directed to the gym activities.
Results: In 10 months of activity of promotion 296 medical doctors (76% GPs; 24% MDs) where contacted, of which 48 (16%) had replied to our survey (72,9% GPs e 27,1% MDs) of them 38 have participated to our course about prescription of physical exercise in PS. A total of 111 people (M: 37, F: 74) were recruited in the walking group, of whom 56% were on medical prescription. The social media campaign reached an important social interactions through PS website, Facebook and Instagram**.**
Conclusions: The project that we have begun demonstrate that is possible to introduce to the concept of "healthy training" as a medicine for people with CD. Despite we would like to have more popularity above medical doctors, some of them came to learn about the reality of PS and agreed with the benefits that this type of treatment can offer to people with CD. Activities such as the walking group and social networking allow a health exercise program to spread across the community.
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PP34A—Boosting physical fitness at home during COVID-19: learning from the past to face the present

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Purpose: the beneficial effects of physical activity (PA) to enhance overall aspects of health and to counteract the detrimental effects of aging process are well documented. To contain the airborne infection, during the COVID-19 pandemic, several restrictions were imposed. Those limitations resulted in lifestyles' changes and increasing in sedentary behaviours with severe health consequences such as reduction in endurance capacity, loss of muscle strength, becoming overweight and the onset of chronic disease, especially in older subjects. As one of the few possible ways to stay active are home-based programs, this study aimed to investigate evidence dealing with the home-based PA programs' effects in older adults, focusing on postural control, fall prevention, mobility, strength and Quality of life (QoL) before and during the COVID-19 pandemic.
Methods: the computer search for English language literature was conducted. Studies assessing home-based PA programs before and during the COVID-19 pandemic outbreak (from January 2004 to November 2021) among older population were included in the review. Keywords included: 'home-based physical activity programs ', 'COVID-19', 'quality of life', 'balance and falls', 'mobility', 'strength-resistance training', 'chronic diseases', 'technological device' and 'older adult'.
Results: studies suggested that before COVID-19, multicomponent home-based programs (balance, mobility and strength-resistance) played a key role in preventing and managing chronic diseases in older living. Regarding older living with limitations as hospitalized or long-term care residents, neurological diseases or disability home-based represented a safe way to stay active. During COVID-19 confinement, the proliferation of on-line PA classes with or without the supervision of experts allowed older to carry out regular PA. In particular, multicomponent home-based programs based on balance, and functional exercises resulted in improved QoL, walking speed and mobility and reduce the rate of falls in older adults.
Conclusions: before and during COVID-19, home-based PA programs represented an alternative, effective**,** enjoyable and new method for apparently healthy older adults, or those with specific chronic diseases, to stay/maintain physically active. Additionally, the use of technological devices as tablets, smartphone and exergames represent the future of health fitness in engaging PA at any time of the day, especially for frail population