

## A vast variety of convenient exercises for the elderly – all through one television channel

OnniTV offers a diverse selection of physical activity programs for the elderly. These programs aim to improve the well-being of seniors through providing feasible ways to exercise both the brain and the body – all from home. We also offer content related to culture and education.

All easily accessible to seniors – every weekday from 11 AM to 1 PM.

### The OnniTV channel is free of charge

On the antenna TV channel

**36**

On the service provided by either Elisa or Telia

**66**

On the channel lineup of Ålcom's partner operators

**99**

You can also watch the programs through our website: [www.onnitv.fi](http://www.onnitv.fi)

## Stay both mentally and physically active with the help of OnniTV

Our programs include physical exercises meant for elders of all different physical conditions. The instructions for the exercises are repeated weekly, which means there's plenty of time to become accustomed to them. The repetition of these exercises also helps in improving the memory of elders.

### OnniTV and Amia Muistikeskus

Provide help and various programs aimed at people with memory problems, their loved ones, and professionals.

### Program Content:

Exercise and memory rehabilitation every weekday from 11 am to 12 pm  
Culture and learning every weekday from 12 pm to 1 pm

**Klo 11:00**    **Sitting exercises**  
**Klo 11:15**    **Memory exercises**  
**Klo 11:30**    **Standing exercises**  
**Klo 12:00**    **Culture and education**

Rehabilitation classes in Swedish on Mondays and Fridays from 10 am to 11 am.



### How do I find the channel on my TV?

Check if OnniTV is available on your TV on channel 36 (Antenna TV), 66 (Elisa and Telia cable TV), or 99 (Ålcom partner operators).

Most receivers search for new channels automatically, but some TVs or set-top boxes may require retuning or factory resetting.

### Automatic channel search:

- Press the MENU button on your remote control
- Select INSTALLATION or CHANNEL SEARCH from the main menu. Use the UP (P+) and DOWN (P-) arrow keys to navigate and the OK button to select
- Select AUTOMATIC CHANNEL SEARCH from the menu
- Follow the on-screen instructions.
- Visit [onnitv.fi](http://onnitv.fi) for more information.