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Innamorato della tua forma

OBJECTIVES: The general objective of the project is to launch a common strategy in an effort to combat the obesity and disordered eating of EU citizens working from home and a common approach and in promoting best practices.

Specific objectives: to examine the association between obesity and social exclusion in psychological terms, to promote healthy eating habits, to offer a training for volunteers of the direct target for physical exercises, psychological and healthy matters, to promote and disseminate results, good practices.

ACTIVITIES:

- 1) To create web pages where promote surveys, researches, best practices and skills in the fight against the problem of obesity or excess weight in work from home situations;
- 2) To produce a learning platform where training on sustainable healthy diets, physical activities and psychological aspects linked to the obesity for the voluntary target;
- 3) To organise 4 events to develop the project and achieve the goals indicated;
- 4) To disseminate the results of the training and the best practices.

IMPACT

: To obtain a guide with the best practices and create a model of training "ad hoc" to follow in order to combat the problem of obesity, poor diet and lack of physical activity among teleworkers, in order to avoid the risk of physical and psychological suffering and social exclusion and disseminate these results, best practices and tools to the partners involved on the project, to the targets of the project, the other stakeholders, institutions, individuals and all those who are interested in them.





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Programme: Erasmus+

Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in adult education

Start: 01-11-2021 – End: 31-10-2023

Project Reference: 2021-1-IT02-KA210-ADU-000034912





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Healthy lifestyles are characterized by a set of practices and habits that promote overall well-being and improve physical, mental, and emotional health. Adopting a healthy lifestyle involves making conscious choices about nutrition, physical activity, sleep patterns, stress management, and other aspects of daily life.





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Balanced Nutrition

Consuming a well-rounded diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats.

Avoiding excessive consumption of processed foods, added sugars, and unhealthy fats is essential.



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Regular Physical Activity



Engaging in regular exercise or physical activity, which can include activities such as walking, jogging, cycling, swimming, or strength training. Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity each week.



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Sufficient Sleep



Prioritizing quality sleep and establishing consistent sleep patterns. Most adults require between 7-9 hours of sleep each night for optimal health and functioning.



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Stress Management



Employing techniques to manage stress levels, such as meditation, deep breathing exercises, yoga, or engaging in hobbies and activities that promote relaxation and personal enjoyment.



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Limiting Harmful Substances

Avoiding or limiting the consumption of substances like tobacco, excessive alcohol, and illicit drugs, as they can have detrimental effects on overall health and well-being.



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Hydration



Maintaining proper hydration by drinking an adequate amount of water throughout the day. The specific amount varies depending on factors like climate, physical activity, and individual needs.



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Social Connections



Nurturing and maintaining healthy relationships with family, friends, and communities. Social connections contribute to overall happiness and provide support during challenging times.



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Mental Well-being

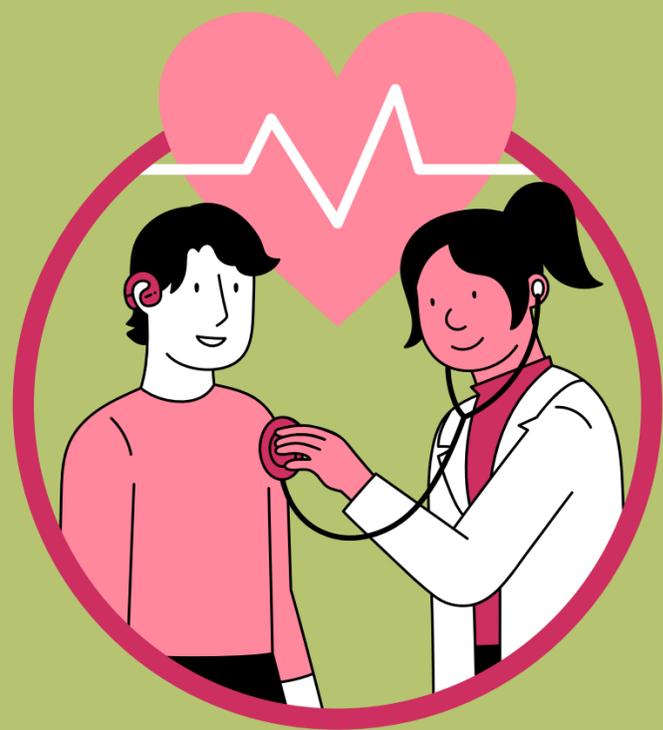


Prioritizing mental health by seeking support when needed, engaging in activities that promote positive mental well-being, and practicing self-care routines.



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Regular Health Check-ups

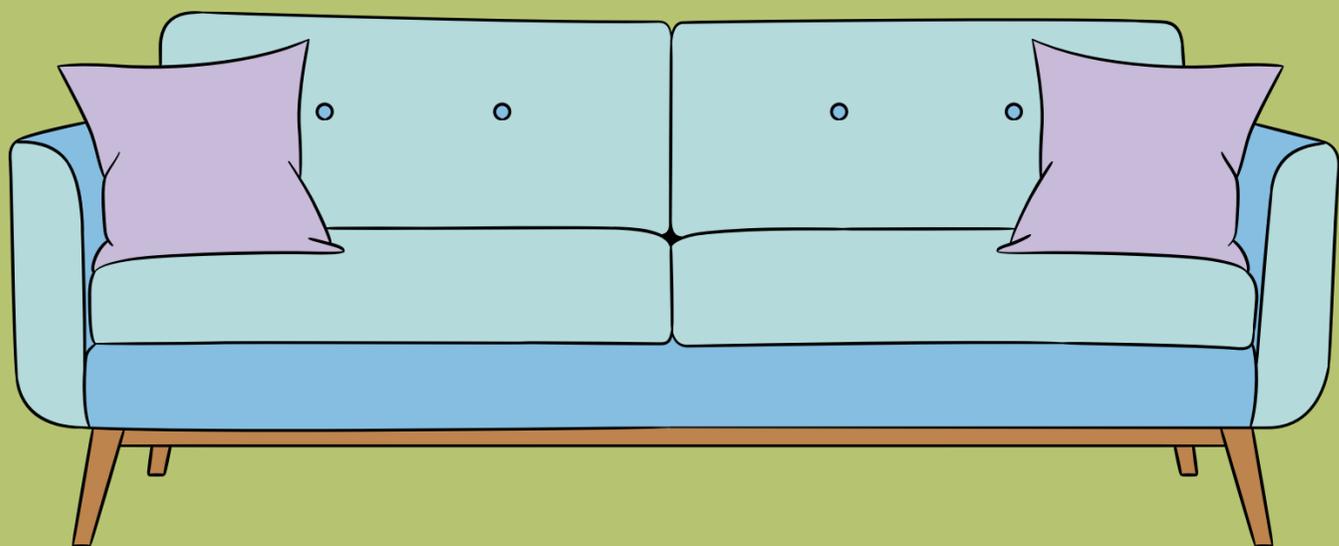


Scheduling routine visits to healthcare professionals for preventive screenings, vaccinations, and overall health assessments.



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Avoiding Sedentary Behavior



Reducing prolonged periods of sitting or inactivity by incorporating regular movement and breaks throughout the day.



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Remember, adopting a healthy lifestyle is a gradual process, and it's important to find a balance that works for you. Small, sustainable changes made over time can lead to significant improvements in overall health and well-being.

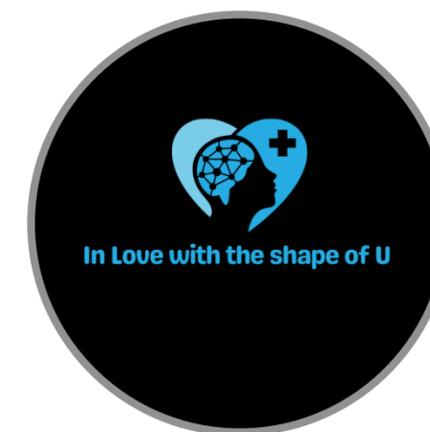


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