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SNATCH

SWIMMING AND NUTRITION AS
TOOLS FOR CONTAINING HEALTH

Physical activity and inactivity

Partners:

Primorje-gorski kotar county disability
sports association

CEIPES (Italy)

IPAK Institute (Slovenia)

Kinitiko ergastiri (Greece)



CEIPES

IPAK

Institute for Symbolic Analysis
and Development of Information
Technologies



"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

- John F. Kennedy



Physical activity is any physical movement that requires energy consumption. It includes a wide range of activities, from leisurely walks to intense exercises.

- Aerobic activities
- Strength exercises
- Flexibility activities
- High intensity interval training (HIIT)

Outdoor activities*

Aerobic activities

Cyclin



Swimming



Joggin



Aerobic activities

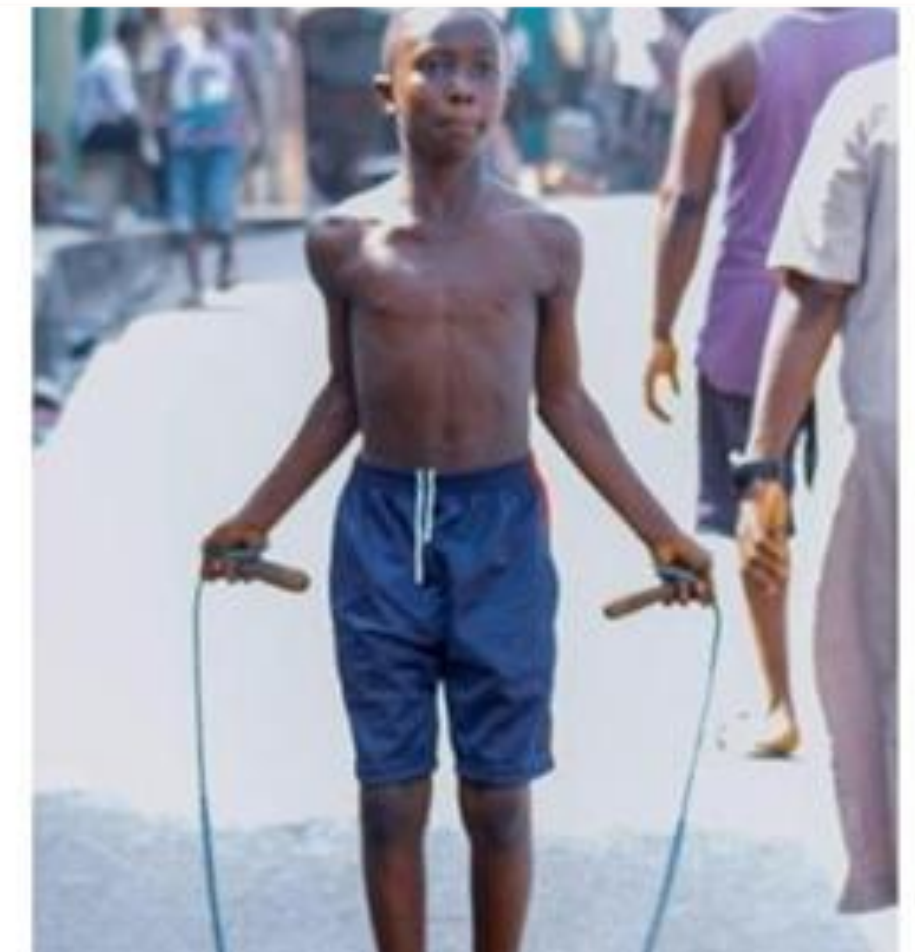
Fast



Dance



Jumping rope



Strength exercises



Strength exercises

Step forward



Pull-ups



Flexibility activities



Flexibility activities

Pilates



Jog



Tai



High intensity interval training (HIIT)

Crossfit
Circular
training
Tabata training
Sprint



Outdoor activities

Mountain climbing



Trail running



Outdoor activities

Kayaking



Skiing and snowboarding



Physical activity - benefits

- Weight management
- Stronger muscles and bones
- Reduced risk of chronic diseases
- Improved health of the cardiovascular system
- Improved mental health
- Better sleep
- Increasing energy levels
- Social benefits



Inactivity and its consequences

- Cardiovascular diseases
- Obesity
- Type 2 diabetes
- Osteoporosis
- Depression and anxiety
- Increased mortality
- Reduced cognitive function

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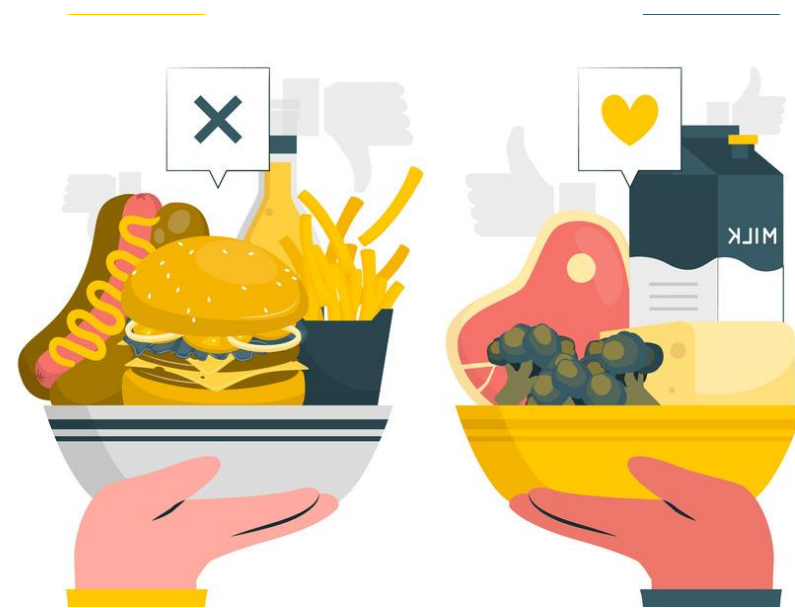
Inactivity can also have negative effects on cognitive functions, including memory and learning. It has been proven that regular physical activity improves cognitive function and reduces the risk of cognitive decline.



Reducing the risk of chronic diseases



Keep healthy body weight



Eat more whole grains, legumes, fiber, fruits and vegetables



Be active



Don't smoke

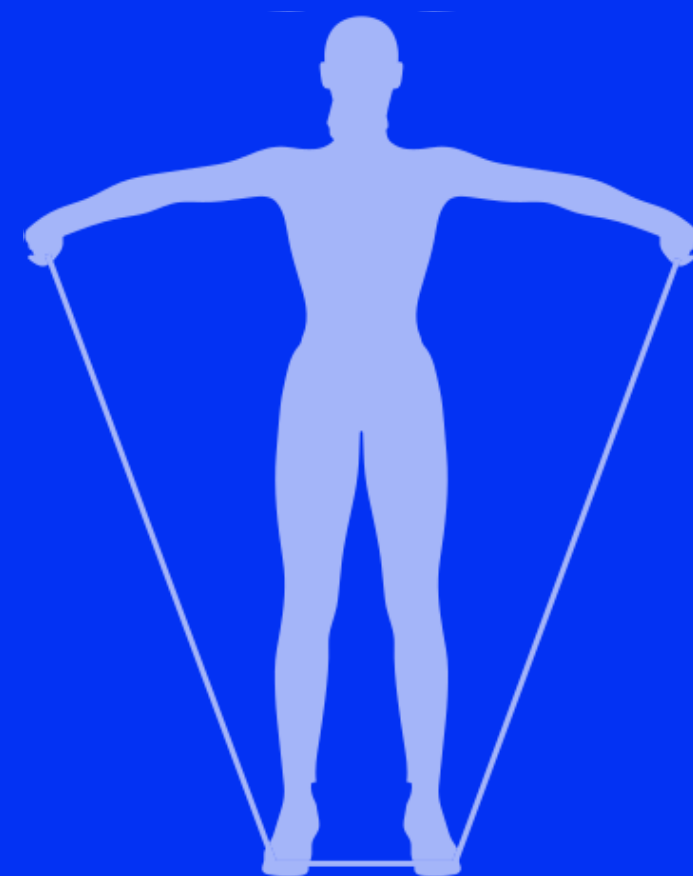


Limit your alcohol intake

"The only bad training is the one that didn't happen."

- anonimno

Exercises: How many and what types



HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

FOR ADULTS AND OLDER ADULTS

MINUTES PER WEEK

75 OR **150**

Vigorous Intensity

Moderate Intensity

OR
a combination of both

More is better and provides additional health benefits

Something is better than nothing

FOR CHILDREN

AIM FOR AT LEAST

60

Minutes everyday

FOR OLDER ADULTS
with poor mobility

PERFORM PHYSICAL ACTIVITY

to enhance balance and prevent falls on

3 or more
days per week

EVERYONE

PERFORM MUSCLE-STRENGTHENING ACTIVITIES

Involving major muscle groups, on

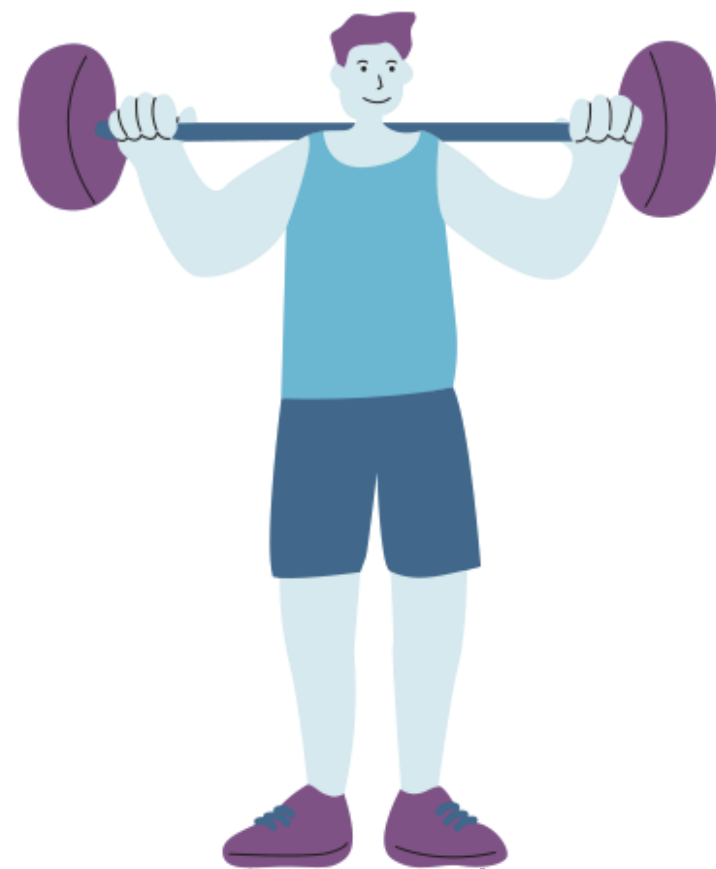
2 or more
days a week

Start small and increase gradually

Aerobic exercises



Flexibility and balance exercises



Strength exercises

Mind and body exercises



HIIT intensive training



Educate your users and their families

- *in training, use all types of activities and their names*
- *talk about knowledge of the consequences of inaction*



Motivate your users and their families

- *for exercise and recreation at home*



Together toward better health!



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Thank you!



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