



# ALL YOU NEED IS HEALTH

## Mobilność edukacyjna - UROCZYSKO 2021



Erasmus+



ow project



ow project



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**Health is a normal state of the body characterized by the absence of any disease.**

**Health is a mental and physical state of the body in which all its functions work optimal. According to the World Health Organization, health is defined as "a condition complete physical, mental and social well - being ". The state of the organism changes over time, constantly is influenced by the external and internal environment.**





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**A healthy lifestyle is a topic that is talked about a lot - but what can you imagine under it?**

**There are different guidelines for "following a healthy lifestyle", but perhaps they all have one thing Common - They try to find a recipe to be healthy and feel comfortable and fit. Lifestyle is the factor that most affects our health up to 80 percent! Only the remaining 20 percent is due to all other influences - above all heredity and health care.**





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## The main principles of a healthy lifestyle:

- **varied and balanced diet**
- **appropriate exercise selection**
- **avoiding smoking, using harmful substances and drinking alcohol**
- **quality sleep**
- **optimism and good mood**
- **stress avoidance and regular rest**





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## Balanced diet

**A quality, varied and balanced diet is important, which allows you to maintain optimal health condition and have enough energy for their work and responsibilities.**

**Diet must supply us with the necessary energy and nutrients without leading to excess certain food ingredients. However, a healthy diet and its balance are not drastic diets, not any extreme diet. Keep in mind that each individual has an individual needs.**





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## **Exercise**

**Physical activity increases energy expenditure and strengthens muscles and shapes the body contours. Sport shapes our figure and helps in the fight against the ever-expanding disease of civilization, such as obesity. Appropriate exercise will remove mental tension, it will improve our mood and recharges energy.**

## **A rest**

**The rest should be strengthening and long enough. Everyone should "recharge" regularly „Battery "- stop, change pace. Make time for a walk in nature, or just to "lounging" at home with a book, or with good music, or in the theater. A healthy adult should sleep at least 7 to 8 hours a day.**





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**The realized activity was 9-days long youth exchange from Poland, Ireland and Slovakia, in Polish mountains Karkonosze, in Małachowice. In the activities took part 17 people from each country, including one leader responsible for his group. The total group of project participants was 52 people. The whole group was supervised by a coordinator chosen from the beneficiary country.**





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**Also in the project participated young people with fewer opportunities for whom such a project was a chance to get to know, develop and learn in different conditions 24 people. The realisation of the activities during the exchange took place according to the schedule.**







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**During the exchange we organised project workshops every day, we involved the local community to work in international teams and to actively and creatively engage in activities, not forgetting the health-promoting aspects.**



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