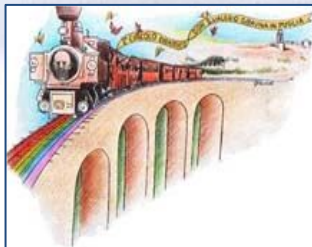


Via Sandro Pertini, Gravina in Puglia, Apulia, Italia

2° CIRCOLO DIDATTICO "Don Saverio Valerio"

Via Sandro Pertini, 2 - 70024 Gravina in Puglia (BA)



C4 Meeting Gravina in Puglia - Italy

” HEALTH COMES FROM HEALTHY DIET AND SPORTS”

Gravina in Puglia (Italy) 28th March - 1st April 2022

Coordinator for Italy

Teacher Rosalia Petrocelli



Erasmus+

**C4 - GOOD PRACTICES IN GRAVINA IN
PUGLIA/ITALY : Sports and physical
activities to combat sedentarism and obesity
tendencies.**



INTRODUCTION



"Interacting with one's environment through the various forms of movement, at all ages, contributes significantly to preserving the state of health as a state of physical, mental and social well-being: there is a direct link between the amount of physical activity and life expectancy, the most physically active populations tend to live longer than inactive ones "



Ministero della Salute



World Health
Organization

The Ministry of Health has sanctioned and approved the guidelines on physical activity for the different age groups in line with the objective of the WHO (World Health Organization): to reduce the global prevalence of physical inactivity by 15% in adults and adolescents by 2030.

The guidelines emphasize the importance of physical activity for the general population and the need for everyone to practice physical activity, especially integrated into daily life.



Physical activity queen of primary prevention



Physical activity is one of the fundamental elements for the primary prevention of chronic diseases. Cancer, diseases of the cardiovascular system, diabetes and respiratory diseases, according to the WHO, will require approximately 70-80% of health resources worldwide in the future.

Furthermore, these diseases each year kill 41 million people, between the ages of 30 and 70. According to other data by WHO in the European Region, physical inactivity is responsible for 1 million deaths each year.





It is estimated that 5% of coronary heart disease, 7% of type 2 diabetes cases, 9% of breast cancers and 10% of colon cancers are attributable to physical inactivity.





Physical activity in Italy and around the world

Worldwide, 1 in 4 adults and 3 out of 4 adolescents do not engage in physical activity and in some countries, levels of inactivity can be as high as 70%, due to changing transport patterns, increased use of technology and urbanization.

Physical activity in Italy and around the world

Increasing physical activity levels is a health issue and is essential for achieving three other global goals by 2025:

- **Reduction in premature mortality due to cardiovascular disease, cancer or chronic respiratory disease;**
- **Reduction in the prevalence of hypertension;**
- **To stop the increase in diabetes and obesity.**



Physical activity in Italy and around the world



Also in our country, national and local strategies aim at promoting the **HEALTH** from an intersectoral perspective and an integrated approach according to the guidelines of “**Guadagnare Salute: rendere facili le scelte salutari**” (Gaining Health: making healthy choices easy) (approved in 2007).

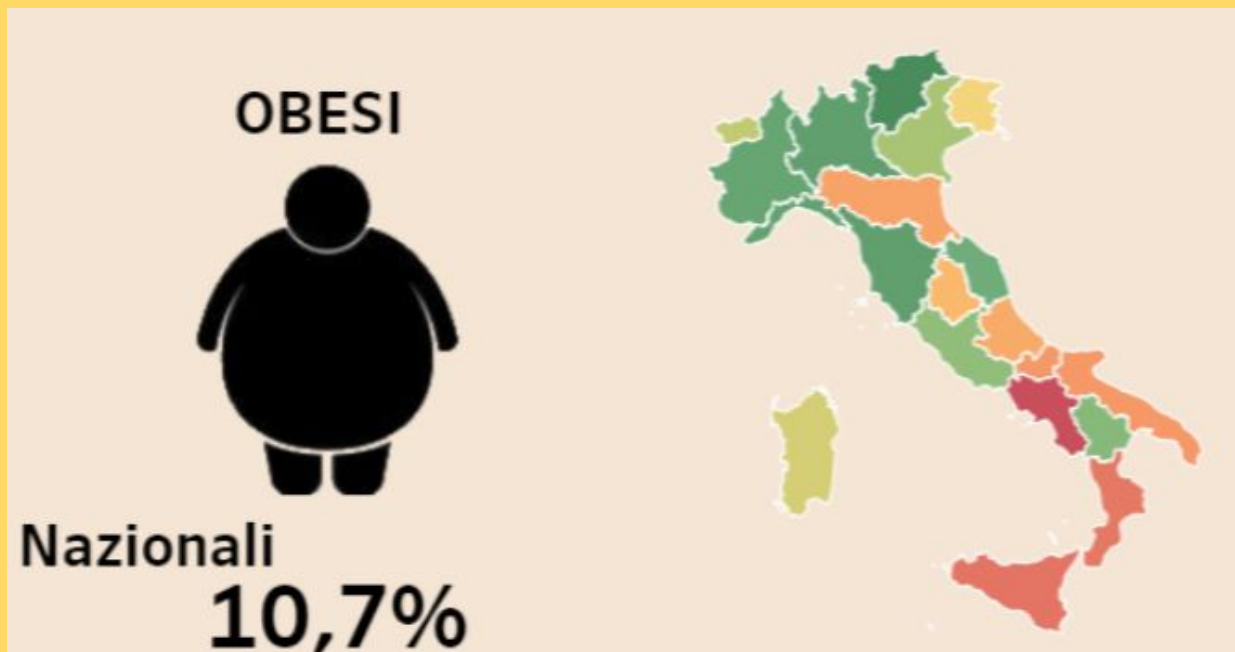
Physical activity in Italy and around the world



This program coordinated by the Ministry of Health aims to counteract the 4 main risk factors for chronic diseases in our country:

- **improper diet,**
- **physical inactivity,**
- **consumption of alcoholic beverages**
- **smoking**

Italy still has a long way to go: only 18% of children play sports for no more than 1 hour a week, while 33.6% of people aged between 18 and 69 are classified as sedentary.



The guidelines of the Ministry of Health on physical



CHILDREN AND ADOLESCENTS BETWEEN THE AGES OF 5 AND 17, should practice at least 60 minutes of daily physical activity and exercises to strengthen the musculoskeletal system at least three times a week.

The guidelines of the Ministry of Health on physical activity

Not only that: the influence of parents' lifestyle and the environmental context in very early childhood plays a key role in determining the state of health in the years to come.



The guidelines of the Ministry of Health on physical activity



For ADULTS, the WHO recommends a minimum of 150 minutes of physical activity two or more times during the week.

The guidelines of the Ministry of Health on physical activity

Finally, **THE ELDERLY**, according to the WHO, in order to improve cardiorespiratory and muscle health, reduce the risk of chronic noncommunicable diseases, depression and cognitive decline, adults over the age of 65 should perform at least 150 minutes per week of moderate-intensity aerobic physical activity.





In 2 ° Circolo Don Saverio Valerio School

We have a lot of projects to develop children's physical - motor, cognitive and socio - emotional interconnection and to promote the educational values of sport both in Kindergartens and in Primary school.

These are our sports' projects:

- Uno, due calcia...for Kindergarten,
- Joy of moving for 1st and 2nd levels,
- Giococalciando for 3th level,
-
- Attiva kids, Sport di classe, Valorinrete for 4th and 5th levels.



Ten tips for staying fit

The Italian Ministry of Health provides a short but interesting handbook with 10 tips for practicing physical activity consistently:



Ten tips for staying fit



Little is better than nothing: even with minimal amounts of physical activity (60 minutes per week), if you are a sedentary person you can get health benefits.

Ten tips for staying fit



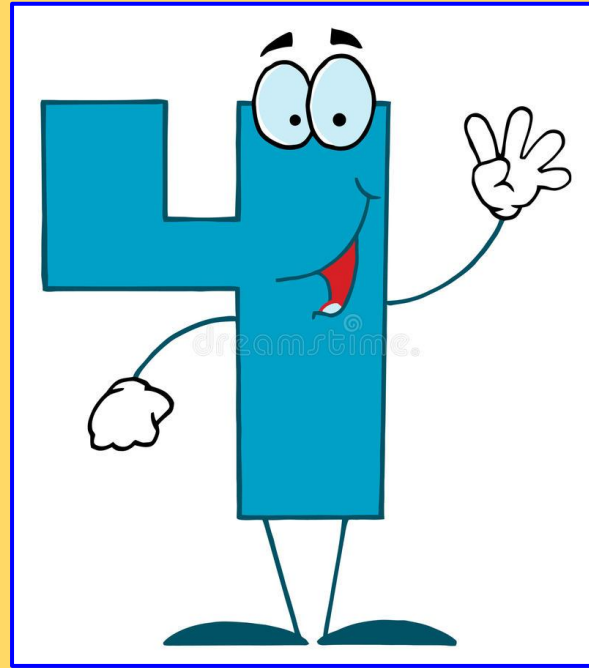
Move more and sit less: interrupt sitting periods at least every 30 minutes by doing 2-3 minutes of activity, such as short walks.

Ten tips for staying fit



Maintain an active lifestyle: even the usual activities of daily life, walking, climbing stairs, gardening, reducing the use of the car are simple actions that are good for your health and promote autonomy and independence, especially in old age.

Ten tips for staying fit



Avoid a sedentary lifestyle: it is a risk factor, regardless of how much physical activity you practice in general.

Ten tips for staying fit



Exercise: if you are overweight or obese, exercising has numerous benefits, but it needs to be continued over time. Better exercises in the water, gymnastics on the ground, cycling.

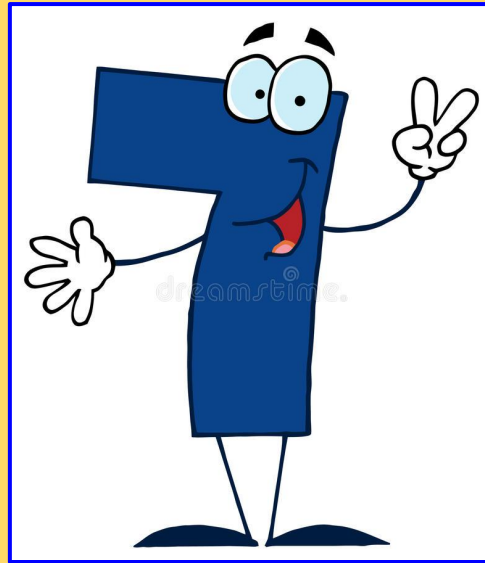
Ten tips for staying fit



Physical activity for the future mother:

pregnancy can be a stimulus to start adopting an active lifestyle with the awareness of the benefits it brings to the future mother and to the unborn child.

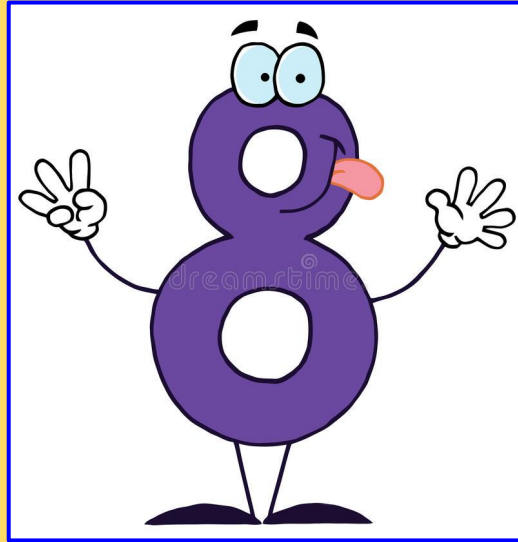
Ten tips for staying fit



Which activity during pregnancy:

walking is a great way to train, but also practice gentle gymnastics, water exercises, yoga and pilates modified and adapted to your physical condition.

Ten tips for staying fit



Physical activity in children and young people with chronic diseases:

avoiding a sedentary lifestyle and being able to practice physical activity safely is also essential for them.

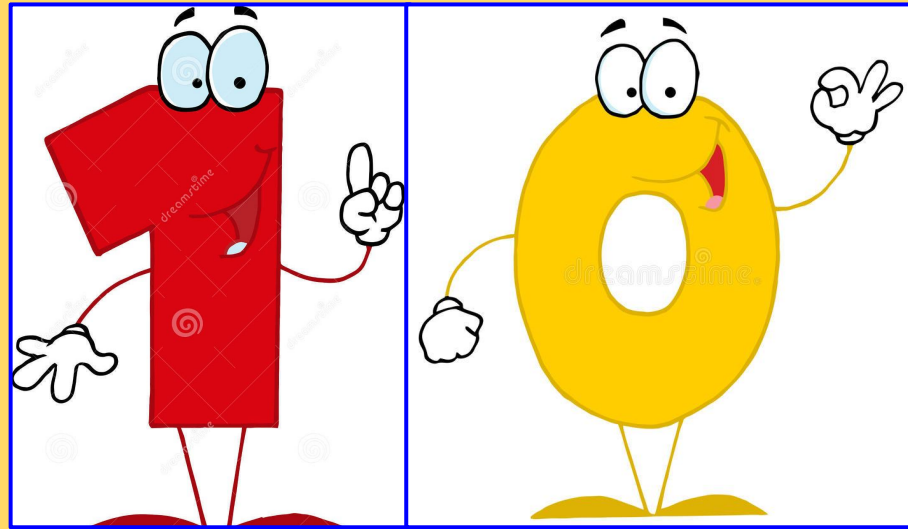
Ten tips for staying fit



Physical activity also in children and adolescents with disabilities:

they must carry out physical activity, choosing with the pediatrician the type of activity and the most suitable frequency.

Ten tips for staying fit



Physical activity, not only in physical disability:

it is necessary for people with physical/intellectual and mental illnesses, to avoid a sedentary lifestyle and carry out regular physical activity, according to their abilities and skills.



C4 Meeting Gravina in Puglia - Italy

**” HEALTH COMES FROM HEALTHY DIET AND
SPORTS”**

Gravina in Puglia (Italy) 28th March - 1st April 2022

Coordinator for Italy

Teacher Rosalia Petrocelli