



Project Partners:

- Kirikkale Milli Egitim Mudurlugu, Turkey
- Universidade dos Tempos Livres, Portugal
- Bit Schulungscenter Nfg. GmbH & Co KG, Austria
- CREA centro per la creatività educative social cooperative society, Italy
- Pontus Iuventae Foundation, Hungary
- Starostwo Powiatowe w Będzinie, Poland
- Stakliskiu vidurine mokykla, Lithuania
- ASOCIATIA ECOMOND, Romania

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Dear Friends,



As the coordinator of the Project, I am saluting to all of you with my warm feeling from Kirikkale, TURKEY. What bliss to meet you in the first newsteller of our project.

Wow! It has been amazing for us but we believed and started this Project at the beginning of August, 2011. Before I wrote this Project, everyday I had been interested in 8 different countries that have eight different cultures, traditions, lifestyles in our partnership. I have always been

expressing that the LLP project is the greatest gift to Europe and the European Union. It feels a kind of medicine against racism and xenophobia when they are dramatically in the community. Apart from them, I guess that would be the best question for the Project if someone asked us "why are you in this Project?" It is dramatically obvious that the number of people suffering from both physical and mental problems has been increasing these days. Everyday, all around Europe, frustrating news about people who die and suffer from obesity, cancer, diabetes and intensive stress falls into the agenda and this remarkable and dolorous vision about life has been a crucial stimulus for us to start to carry out such a significant project for specially adults. Our role is to counteract this actual sedentary tendency to improve citizens' quality of life and to combat obesity, cancer, diabetes and stress (mental health) by finding out the habit of healthy eating and promoting a healthier lifestyle among citizens and also to promote the European cooperation in the methods, training and information concerning the health among

collaborating countries.

The project "Again, Heyday of Health" aims to encourage people to adopt healthy lifestyles, integrating physical activity and care at the level of nutrition in everyday routine, fitting perfectly on the mission to promote human development, health and well-being of the 8 partner institutions. With this partnership, we also aim to strengthen the values of active citizenship through the exchange of experiences and intercultural dialogue. We are aware of How We End The project Is More Important Than How We Start. Especially in the first newsteller, I would like to voice my gratitude to **H. Ali OKUR**-who has been appointed to the directorship of Kirikkale Province, Directorate of National Education, Turkey - for he has supported us about being fulfilled the local activities in our city since then." I hope our Project will become a shining star of the city and the most recent example of this.

Sincerely,
Mustafa Can HIÇYILMAZ
Project Coordinator

Healthy Italian Food Recipe

CAPRESE SALAD (Typical recipe of Southern Italy)

Ingredients for 4 people

- 300 gr of mozzarella cheese
- 300 gr of ripe and firm tomatoes
- 1 bunch of basil
- oregano
- 6 spoons of extra-virgin olive oil
- Salt and pepper (as required)

Preparation

Wash the tomatoes, dry them and cut them in rounds.
Wash the basil, dry it and keep it at hand.
Drain the mozzarella cheese water. Dry it delicately with kitchen paper and cut it in rounds.
Place the rounds in the serving plate, alternating the tomatoes and

the mozzarella.

Season the salad with salt, pepper, oil and oregano and finally with some leaves of basil.



Running to be Vital in Budapest

In the middle of the picture is the cake made of buckwheat.

In the framework of Heyday of Health programme the Pontus Juventae Foundation takes part with its members in the T-Home Vivicitá running competition festival organised in Budapest.

Why are you running?

Newsman: Sir, why are you running?

1st Reporter: Why are you running?

2nd Reporter: Are you doing this for world peace?

3rd Reporter: Are you doing this for women's rights?

Newsman: Or for the environment?

Reporter: Or for animals?

3rd Reporter: Or for nuclear arms?

2nd Reporter: Why are you doing this?

Forrest Gump: I just felt like running.

What are the health benefits of running?

One of the major points of the position statement is that there is a dose response to exercise; that is, the more you do, or the harder you do it, the more benefit you

accrue. But this point is not to discount moderate exercise. You get plenty of benefit from moderate exercise, it's just that vigorous exercise seems to accrue even more benefit. The ACSM report makes it clear that "many significant health benefits are achieved by going from a sedentary state to a minimal level of physical activity; [but] programs involving higher intensities and/or greater frequency/durations provide additional benefits. For example, it was shown in one study that individuals who ran more than 50 miles per week had significantly greater increases in HDL cholesterol (the good fat) and significantly greater decreases in body fat, triglyceride levels, and the risk of coronary heart disease than individuals who ran less than 10 miles per week. In addition, the long-distance runners had a nearly 50% reduction in high blood pressure and more than a 50% reduction in the use of medications to lower blood pressure and plasma cholesterol levels."

The Location in Budapest The competition will start at Margaret Island. The Island is a 2.5 km (1.6 mi) long island, 500 metres (550 yards) wide, (0.965 km² (225 acres) in area) in the middle of the Danube in central Budapest, Hungary. It belongs administratively to the 13th district. The island is mostly covered by landscape parks, and is a popular recreational area. Its medieval ruins are reminders of its importance in the Middle Ages as a religious centre. The island spans the area between the Margaret Bridge (south) and the Arpad Bridge (north). The island houses various sports establishments, like the Palatinus water park (the largest open-air swimming complex in Budapest), the Alfred Hajos sports pool (where the European LC Championships 1958, 2006 and 2010 took place), a tennis stadium and an athletics centre. Since the 1980s, entry by cars has been limited; only a single bus line and taxis, alongside the service traffic of local stores and restaurants are allowed to enter. There is a rubber-coated jogging track going

Location:

Margaret Island

Date:

1st of April 2012

Time:

9:30 am

Online

registration:

www.futanet.hu/cikk/vivicitta-2012-budapest



ECOMOND Association Horezu, Romania

ECOMOND Association Horezu, Romania started to implement the international project "AGAIN HEYDAY OF HEALTH". The project addresses to all those who want to have a healthy lifestyle through exercise, physical activity and healthy eating. The project is run by the Ecomond Association in partnership with "Constantin Brancoveanu" High School, Valcea School Inspectorate and Department of Public Health. This project is funded with support from the European Commission.

The project addresses everyone who wants to have a healthy lifestyle through exercise, physical activity and healthy eating. <AHO>, Project Grundtvig lifelong learning program, has as main objective to support, promote healthy lifestyle in the community, promote physical activity and social occupation of leisure time, improve knowledge and educational, social and medical skills regarding daily lifestyle, healthy eating,

phytotherapy and movement regardless of age. The "AGAIN HEYDAY OF HEALTH" aims to encourage people to adopt a healthy lifestyle, to integrate physical activity and healthy food in the daily routine. The project aims to promote harmonious human development, welfare and health, consolidation of active citizenship through exchange of best practices and intercultural dialogue. Activities consisted of physical activity, healthy eating-related seminars, meetings with specialists, questioning the eating habits of project participants or the community.

In the project we organized the working group and started running activities. In the project were enrolled seventy adults and youth peoples. The activities were focused on the following topics: sports activities, seminars with various topics (Food and health, diabetes, cancer, stress, obesity). There members of school community participated in the healthy food seminar.



One of the project's meetings in Romania

After the presentation all participants had a chance to try the slow food specific to our region. The meetings in Portugal and Oristano, Italy were well organized, with many activities that led to the organization of long-standing project, to know the partners and discovery the local culture. Courtesy hosts excelled by special activities through good organization that coordinates allowed us to establish future project, discovering another culture and some wonderful people.

The First Project Meeting in Portugal



As it was already informed, the meeting among the partners representing several European countries that developed the project "Again Heyday of Health" took place between the 5th and the 7th of December 2011, and the first meeting was precisely in Portugal. It was the UTL that received these partners and presented of course a project of activities for the above mentioned time.

It is of the utmost importance to refer that 25 foreign partners were present representing Turkey, Romania, Lithuania, Hungary, Italy, Poland and Austria. These

partners evaluated our work of Very Good bordering Excellent what is of great value for us because we do not have experience in this kind of projects. We previously participated in the Oxymoron 2 which also ran positively, but this one put us a very big challenge having in mind that the first meeting was in Portugal, nobody knew each other and the expectations were

big, reason why it was necessary to create a good atmosphere of work with sympathy, elegance and wellbeing.

We are very pleased with the course of the meeting even because it is the first time that the first one takes place in Portugal. This is decisive because it will be the model to the following meetings. The next meeting took place on the 19th, 20th, 21st February in Italy, Sardinia and we hope that it will be as good ours. We have record photos, identifiable and illustrative of our activities. We seize the opportunity to thank the participation of the cultural and social

agents of Vila Real de Santo António namely of Cultural Association of Vila Real de Santo António and namely its folk dancer group grate that with its performance showed our popular root and also to its responsible that offered us the first fair of biological products.

We must also thank the kindness of the Mayor of the Municipality of Vila Real de Santo António and of the Town Councilor Miss Conceição Cabrita who received us and were extremely kind and gentle to all of us.

Our activities have in mind learning and formation along life that should be a concern of the Institutions and political responsible, in such a way that may be found conditions if not the ideal at least the best so that the less young population can find choices of active life. Within this context it is not possible to forget the promotion of a healthy life taking into account: nutritious, culture, gymnastics, good practices, etc, aiming the best health conditions. After the meeting a global evaluation in several parameters was done and we think that the evaluation done reflects our interest and quality in the activity of the work accomplished.

Be Like Supermodel – Polish Experiences in Fight Against the Obesity

Everybody knows how important health in our life is. To underline the topic of healthy lifestyle and to make the people more aware of the consequences of unhealthy diet, lack of exercise and low quality of nutrition Powiat Będziński as a local authority responsible for health's policy has started to implement a District's Academy of Health. Why this kind of action? Because we know, how important health for our inhabitants is. The first step in the project was medical examinations attended by potential candidates of Academy. Thanks to the excellent cooperation with the Foundation "Pro Salute" the action was carried on the highest level and all declared people have acquired the knowledge of their health

The main condition to qualify for the project was a high level of BMI index. Through the medical examination were selected 25 volunteers, who will take part in the exercises led by professional fitness trainers. The meetings are held two times a week, each Tuesday and Thursday afternoon, from March till the end of May.

A healthy nutrition and increasing motivation in the fight against the obesity were the main topic of the first meeting held as a local activity of program "Heyday, Again of Health", implemented by Powiat Będziński in partnership with educational institutions from Europe. During the lecture led by dietician the participants gained knowledge about healthy eating, especially they learned the food guide pyramid, its contents and potential influ-

ence of the health condition. The second part of lecture was devoted to psychological aspect of the fight against obesity. The auditors learned not only about the psychological techniques used in the process of motivating in the health care but thanks to the sharing of experiences by the psychologist they could know, how important is getting to know own weaknesses and strengths



"A healthy nutrition and increasing motivation in the fight against the obesity were the main topic of the first meeting seen in the picture"

Healthy Lithuanian Food Seminar in Marcinkonys

On 5th of January 2012 twenty teachers and student's parents from Stakliškes Secondary School went to Marcinkonys, the ethnographical village in the middle of Lithuanian region Dzūkija. There members of school community participated in the healthy Lithuanian food seminar.

The day started very early. All participants arrived to Marcinkonys and visited the church. The priest showed a wonderful architectural building and wished participants to find their personal way to happiness. After the nice

hour at the church lecturer Ruta was waiting for everybody in her rural hotel. She introduced the healthy Lithuanian

traditional food traditions. After the lecture all participants had a chance to try Lithuanian cabbage soup and cake

made of buckwheat. This dish surprised everyone, because it is popular only in Dzūkija region and most of the participants have tried it for the first time. After the healthy lunch group sang local songs, danced Dzūkija region dances and played local games. Everyone came home full of energy and desire to try the new recipes themselves.

The seminar was organized in the frame of Life Long Learning Grundtvig programme "Again Heyday of Health".



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Newsletter edited by Vitalija Varzukaite representing Lithuanian Project Partner.

Newsletter's materials are presented by all project's partners and editor does not take responsibility for their contents.

Before the Project was approved by the national agencies, I had always wondered "How was he/she?", "What personality did he/she have?" while we were sending e-mail about determining what to write in the sectors in application form. But after it was approved, to meet and see each other was the best thing to happen so while creating a Project logo, I wanted it to be a symbol of Project and reflect the main aim of project at first and designed it as a red heart symbolizing the life and tried to create a concept expressing the idea showing we are a big and international family by putting the flags of each partner in the heart.

Mustafa Can HIÇYILMAZ
Project Coordinator



We are on the Web!

<http://heyday-health.blogspot.com>

Zumba Program in Austria



The Zumba® programme was created in the 1990s

by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for international pop superstars. Inspired by the traditional cumbia, salsa, samba and merengue music he grew up with, Beto paired his favourite pulsating Latin rhythms with the red-hot international dance steps that his clients loved and created the Zumba® Fitness-Party.

Since Beto brought the Zumba® Fitness pro-

gramme to the U.S. in 1999, it has become a huge fitness success, with people of all ages falling in love with its infectious music, easy-to-follow dance moves and body-beautifying benefits.

More information:
<http://www.zumba.com/>

bit and its initiative fit@bit organize a course with 10 weekly sessions starting on March 20, 2012.